

Dr. Robert Jay Rowen's

SECOND OPINION

Vol. XIV, No. 9

September 2004

Miracles of Medicine

Natural Medicine Completely Reverses Alzheimer's

Two years ago, Nolan LeCompte was faltering in his memory. Roads that he had traveled all his life were now unfamiliar. Driving was becoming dangerous. His truck showed the scars of several encounters of which he had no memory. He is a petroleum engineer and the sharpest man known by his son, Brian, a brilliant physician and *Second Opinion* reader. All the hallmarks of Alzheimer's disease were present.

Nolan lived next to the Gulf of Mexico all his life and ate seafood caught in the Gulf. It's the most highly heavy metal contaminated body of water in the world. Add to that his profession in which he was in contact with lead, cadmium, and other heavy metals daily and you have a recipe for severe heavy metal toxicity.

Conventional medicine had nothing to offer him. The studies show that Aricept and the other anti-cholinesterase drugs do nothing to halt the progress of the disease and may only ameliorate the symptoms for a short time.

Instead, Brian started him on a very aggressive oral regimen that included standard doses of GLA, phosphatidyl serine, and phosphatidyl choline. He also used daily doses of Vinpocetine (10 mg, twice), NADH (five mg, three times), CoQ10 (1,200 mg), B vitamins (100 mg each), vitamin C (3,000 mg), vitamin E (2,000 IU), alpha lipoic acid (300 mg), NAC (500 mg), ginkgo biloba (60 mg, twice), melatonin (three mg at bedtime), essential fatty acids (Carlson's cod liver oil, two tablespoons in winter) and Nordic Natural's Ultimate Omega 3 (one

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You Can Significantly Lower Your Risk of Heart Attack for FREE!

Cholesterol, LDL vs. HDL, homocysteine, C-reactive protein, and hypertension. You've heard of them all, and know they incur heart-disease risk.

But if you're like many who consult with me, you're probably confused by all the mish mash of separate numbers thrown at you, especially when your doctor recommends you treat lab numbers with drugs.

When your doctor looks at your blood lab results, he instantly lumps you in with the rest of the world and insists you're headed for a heart attack if you don't take his drugs. This drives me crazy because we're all different. I've always told you that more important than a number is what your body does with the risk factor. Studies have proven that high cholesterol by itself isn't a risk, nor is high LDL. But some people might not handle the higher numbers very well.

Wouldn't it be great if you could learn how your particular numbers affect you personally? Wouldn't you love to know if your hypertension and high homocysteine levels are really causing a problem?

Well, I have great news for you: There's now a simple way to see what your *combined* risk actually is.

Ken Kensey, MD is a cardiologist who is revolutionizing cardiac risk evaluation. He has boiled down risk to a final common denominator – blood viscosity (thickness).

To understand viscosity, consider water and ketchup. Turn a bottle of water over and it just flows out. Turn ketchup over, and it hardly moves! However, put pressure on the ketchup, as in shaking it out or squeezing the bottle, and the thick stuff flows right out. Certain fluids, such as ketchup, actually become less thick and flow easier when subjected to pressure.

Miracles of Medicine... *continued*

tsp in summer), and Essential Daily Defense (five caps with each meal).

Brian also began intravenous chelation therapy with EDTA twice a week. Desferoxamine was given intramuscularly once every two weeks. (Desferoxamine is a unique chelating agent in that it effectively removes aluminum). Vitamin B12 (one cc) was injected daily intramuscularly for five days, then twice a week thereafter. Testosterone supplementation (180 mg daily), was begun with a topical preparation of 18 percent testosterone and 18 percent chrysin in a transdermal absorbing base.

Finally, Brian started him on low-dose human growth hormone injections (0.8 IU daily, except on weekends).

His mental function improved slowly at first. Then it seemed, he improved by leaps and bounds. He no longer stopped in the middle of the kitchen of his own home wondering where he was. His memory improved to where he remembered events one to two weeks past, as well as yesterday. He began to put on weight and was interested in working in the yard and around the house again.

Now, two years later, his wife says he's back to normal! He has even resumed his oilfield consulting business. I call that a resounding success. If you or a loved one has Alzheimer's or faltering memory, this intensive program may be just what you should order from your doctor.

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Blood is more like ketchup than water. It has significant viscosity and only oozes without pressure. Yet when subjected to pressure (i.e. heart contraction), it readily flows.

Here's the rub, literally. If a fluid gets too thick, it can erode the sides of the pipe it flows in. Blood, which flows through pipes of its own (your arteries), is no different.

For decades, medical scientists were perplexed that atherosclerosis is not a systemic disease. In fact, it occurs quite predictably at *branching* of vessels. This strongly suggests that it's a mechanical rather than a biochemical (lab value) process that initiates the disease. There's a simple answer.

I'm sure you've watched the flow of water in a stream. The water close to the bank flows slowest (due to friction) compared to the center. When the stream branches or joins with another stream, it creates eddies, areas of back-flow and turbulence. If the flow is gentle, the bank is well defined. If the flow is turbulent, the bank becomes eroded. If the stream is laden with silt (thickened water), the erosion accelerates.

Your arteries also have eddies at the places where they divide. And as your blood gets thicker (more viscous), the force at these eddies increases. Thick blood or turbulence creates shear forces (friction), which, like sandpaper, erode the inner lining of the artery (called the endothelium). To protect itself, the artery forms calluses to handle the increased friction. A callus makes the artery narrower. But narrowing actually increases the turbulence, self-propagating the cycle! (Listen to water in a partially clamped hose and you can hear the turbulence it creates.)

When this cycle occurs, it attracts platelets (pro-clotting cells) and the site becomes inflamed to repair the damage. However, repeated events incite further damage and allow toxic materials, such as cholesterol, to migrate into the arterial wall. Local accumulations of sludge in the vessel wall thicken it, increasing the turbulence of flow. When this happens, the process speeds up. More narrowing equals more turbulence, which equals greater damage and debris accumulation. Eventually, the debris may become dislodged. That or a significant erosion of the arterial lining causes an instant massive clotting event or obstruction. The result is a vascular event (such as a heart attack or stroke).

Now you know why atherosclerosis has specific locations: the divisions of major arteries (such as the coronaries, carotid, and femoral). These are where your arteries are

most vulnerable. And like ketchup, if your blood becomes more viscous, more force (pressure) is needed to move the thick fluid. Your heart responds with more force — you now have hypertension. Hypertension is merely thick blood requiring higher pressure to make it flow. And more pressure creates more damage! It's a vicious cycle.

Now to understand the significance of viscosity, Dr. Kensey, in his book *The Blood Thinner Cure*, details the prime factors that increase viscosity. Interestingly, the known major risk factors for heart disease are precisely those which increase blood viscosity:

(1) Cholesterol: Higher cholesterol levels, especially of LDL, increase viscosity. High HDL thins blood. However, just high LDL does not tell the full story. There's a subset of denser LDL, which is good for you. Thus, if your LDL is high, it has the appearance of risk, but you may have the beneficial dense LDL. I'll have an answer for knowing the collective and clinical impact of your numbers later.

(2) Smoking: A no-brainer. It thickens blood through increasing fibrinogen and inflammation (fibrinogen is synonymous with blood thickness).

(3) Diabetes: Makes red cells more stiff, as well as the arterial walls. Red-cell stiffness makes blood thicker.

(4) Blood pressure: May be secondary to viscosity. It takes more pressure to move ketchup than wine. Higher pressure actually lowers blood viscosity, but at a price to your heart and stress to your arteries.

(5) Obesity: Increases blood viscosity and fibrinogen. Lose weight and viscosity and fibrinogen drop.

(6) Gender: Women are protected until menopause. After menopause, their risk approaches that of men. I used to think it was the monthly shedding of iron. Elevated iron levels cause cellular damage. Menstruating women are blessed with excess iron shedding. However, there is more to it than just iron.

(7) Blood count and age: Here is perhaps the most important part of the riddle. Lots of cells obviously thicken blood. But the age of the blood cells is a critical factor. Young, red blood cells fresh out of the bone marrow are soft and flexible like a young child's skin. But as cells age, they incur damage, which does to red blood cells what it does to your joints: It makes them stiffer. Eventually, after about 120 days, the red blood cell is so stiff that it's taken out and recycled in the spleen. Until then, the stiffness increases viscosity considerably. Stiff

HEALTH NOTES

The Real Star in Osteoporosis Prevention and Treatment

If you have osteoporosis, please don't rely solely on the media hype for more calcium. There's much more to osteoporosis than calcium balance. For one thing, you have to get the calcium into bone. Without vitamin K, all the Tums in the world might not do a blessed thing for your bones.

Vitamin K activates a special enzyme in bone, which is crucial to incorporate calcium into the bone matrix. The Framingham study shows that if you are in the lowest group for vitamin K levels in your blood, that you will have twice the risk for fractures! The data came from the ongoing Nurses' Health Study, which followed over 72,000 women between the ages of 58 and 63.

Action to take: Vitamin K is a star nutrient and relatively easy to come by if you eat lots of vegetables. However, the real star is vitamin K2, which is far more active in the enzyme activating process. That's why I'm recommending Strontium Osteo Complex from Nutricology (800-545-9960). The company's head, Dr. Steve Levine, has added sufficient vitamin K2 despite its great cost. I think this product is the most advanced on the market. I will be bringing you more details on vitamin K2 in a future edition.

Your Dentist Can Prevent Vascular Disease

If you don't want vascular disease in your legs, you ought to visit a dentist.

A dentist? You heard that right.

I've told you about oral health and coronary artery disease before, but a large study has just reported that periodontal disease and peripheral artery disease (PAD) are intimately linked.

In a prospective (the best type) study of 41,136 male health professionals, researchers found a strong correlation between subsequent tooth loss and PAD. The risk got even stronger (almost double) if periodontal disease was present. Tooth loss alone, with-

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HEALTH NOTES ... continued

out periodontal disease, was not linked. This means that tooth loss in itself is not the problem. But trouble comes when tooth loss is a result of periodontal disease. The findings were more striking in men.

Periodontal disease is a problem of infections in your gums. It not only causes you to lose teeth by eroding your gums away, but also allows organisms to easily get into your bloodstream. There they can make their way to compromised areas within your arteries, creating inflammation and speeding up atherosclerosis.

Action to take: If you have vascular disease, it's imperative that you have good oral health. And even if you don't have vascular disease, you can prevent problems by maintaining good oral hygiene with flossing, and regular visits to a preventive-minded dentist. Several years ago, I had bleeding gums. After several visits to my hygienist, who scraped out infectious plaque, along with my routine of flossing and brushing (now with a Sonic Care), my gums have remained quite healthy. Next month, I'll tell you about an incredible new product that works miracles on periodontal disease.

Ref: *Circulation*. 2003 March 4;107(8):1152-7.

Exercise and Your Brain

Just when you thought exercise was good only for your heart and circulation, comes news that it also is terrific for your brain. I told you in July that reducing your intake of refined carbohydrates can dramatically increase your brain's ability to function. Now there's news that exercise

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cells cannot traverse capillaries, which actually have a smaller diameter than the cells they carry. Red blood cells must bend and deform to squeeze through, like you trying to walk through a four-foot diameter pipe. So a higher pressure is needed to drive the stiff cells through.

Menstruating women are not protected just because they shed excess iron. The uterus eliminates significant amounts of red blood cells, so their bone marrow is churning out lots of young flexible cells, to replace what is lost monthly. At menopause, this stops. Women very rapidly increase vascular risk, too fast to account for iron accumulation alone, which takes years. Red blood cell stiffness takes only a few months, so this model makes perfect sense.

Dr. Kensey believes the ideal hematocrit (percentage of blood that is red cells) for optimal oxygen delivery is 29. This also was a shock to me, always believing that 40 is target. As hematocrit falls to 29, there are fewer cells to carry oxygen, but the blood is thinner, so it flows easier. The net effect is more oxygen delivery. Below 29, the lower oxygen carried in fewer red blood cells offsets the benefit in thin blood. Can you now guess a free "treatment" that can significantly reduce your viscosity?

Remember the "blood letting" of centuries ago? George Washington was said to have died as a result. But could there have been something to this practice demonized as quackery?

"Shedding blood" artificially creates a deficiency of red blood cells in your bloodstream. This creates the same need for production (replacement) of red blood cells in your bone marrow as a menstruating woman. Regular donation removes both young and older stiffer cells, but replaces both with young cells. This significantly increases the percentage of younger cells in your bloodstream, and significantly lowers your viscosity.

This is the most significant, least expensive, and safest way for you to lower your overall risk of vascular disease. You can lower the average age of circulating cells by regular donation, which stimulates greater bone marrow production of youthful cells! Otherwise, your older cells will stick around for the 120 days from their creation until your spleen takes them out. And those old cells have stiff and thickened membranes!

Folks, here again is information to help you take control back from the doctor. I have had lots of patients alarmed about a single particular risk factor, such as high

LDL. At last, you can get a *functional* test to see if your lab values are a real or not so significant risk.

Until recently, blood viscosity has been a bear to measure. Remember, viscosity is not a static measurement like the amount of cholesterol or homocysteine, but is a dynamic measurement of flowing fluid (blood). Dr. Kensey has developed a machine he dubs the Rheolog. A sample of blood is taken and placed into one side of a U-shaped capillary tube of known diameter. The machine automatically releases the blood within the tube and it flows to the other side. Computerized sensors monitor the rate of the fall of blood, and can, thereby, accurately obtain a measure of viscosity. Dr. Kensey tells me major medical instrument companies are vying for his company, Rheologics. (The word "rheological" means flow properties.)

If you're interested in getting a viscosity test, please call Rheologics at 610-524-5427 or find them on the Internet at www.rheologics.com to locate the nearest machine. I'm using one already!

I predict that viscosity testing will soon be a mainstream mandatory test for vascular risk assessment! With a better grasp on your labs and the real bottom line, your blood's viscosity, you'll be better able to acquire the most specific treatment for your particular health challenge.

The War on Supplements Escalates

What if I told you the next time you walk into your health food store will be the last time you're able to buy vitamin C in 500 mg doses?

Or what if I said the recommended daily allowances, as given by our government, became the maximum amount you could buy?

If you've read this newsletter for very long, you know both of these situations could happen. But the possibility has always been "years away." Well, this month I'm writing to tell you that those "years away" are now down to 18 months!

That's right!

I've written to you on several occasions through the years about the war our government is fighting against our beloved supplements. This war has now escalated to the point that you could lose your free access to vitamins in just a year and a half!

HEALTH NOTES ... continued

can provide the same type of benefit.

A small study in 28 older people demonstrated that in just 10 weeks cognitive function improved. And remarkably, the study was conducted in people with chronic lung disease, which creates great challenges to oxygenate the system. The study called for daily aerobic workouts for about an hour for five weeks, and then reduced to three times weekly for five weeks.

At the end of 10 weeks, a battery of cognitive tests was conducted. Expected improvements were confirmed. However, the researchers were surprised at what happened after a year. They had expected those who continued exercising to show continued improvement. But instead they found that continued exercise was necessary just to maintain the level of mental improvement that occurred after the first 10 weeks. Those that continued exercise held the improvement, while those that did not declined.

Action to take: This study is a little pearl to those who do exercise with oxygen therapy (EWOT). These were seniors who had difficulty oxygenating (due to chronic lung disease). I believe that exercise had a triple effect: (1) It focused attention on what they were doing, which is a form of exercise of the brain. But, perhaps more importantly, (2) it reduced the amount of insulin in the body (we know from my report in July that insulin causes mental impairment) and (3) it increased oxygen delivery to the brain brought by exercise. Exercise increases circulation and breathing. The more blood and oxygen that reach your brain equals better function. I can just imagine the awesome results the researchers would have seen had they added oxygen during the workout.

If you are concerned about aging, get out and use your body! Exercise improves not only all parameters of physical physiology, but mental functioning as well. Please consider EWOT for maximizing the value of exercise. The bottom line for the brain is more oxygen and less insulin!

Ref: Drew, Jonathan. The Associated Press, April 23, 2004.

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HEALTH NOTES ... continued

If You Have Diabetes — Watch Your Foods for Corn Syrup

A new study in *Nature* attributes the rise in diabetes to increased consumption of fructose-laden corn syrup. The study looked at consumption data from 1909 to 1997. Data from the findings were compared to the rates of disease from the U.S. Centers for Disease Control and Prevention. The results they found indicated that the drop in fiber consumption and the increase in consumption of corn syrup found in most processed foods were at the root of the problem, not the number of proteins, fats, or carbohydrates.

Friends, I've been saying this all along. Stop the consumption of man-made "foods" better termed "Frankenfoods." If God didn't make it, don't eat it. You can't get any simpler than that!

Ref: "Corn Syrup Linked to Diabetes," *Nature*, May 12, 2004.

Eating Salsa Can Prevent Food Poisoning

I'm a huge fan of Chinese parsley, and now there's good reason for you to join the fan club — it destroys salmonella and other germs associated with food poisoning.

A compound abundant in the herb called dodecenal has just been discovered by researchers at the University of California at Berkeley to destroy dangerous salmonella, a germ commonly associated with food poisoning and intestinal infection.

And get this, it's more than twice as potent as gentamycin, a powerful antibiotic commonly used to treat the infection. The compound is found in the seeds and leaves of cilantro and to a lesser extent in olive oil.

The lead author of the study, Isao Kubo, suggested people should eat more salsa with food.

Action to take: Cilantro is often found in fresh salsa. If you're enjoying your summer outings or traveling, you might consider increasing your intake of salsa, since food poisoning is common at such events.

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How can this be?

Thanks to certain trade agreements our government has made "on your behalf," it's quite possible the United States will be forced to declare high dosages of nutritional supplements as drugs — subject to prescription laws.

Several years ago, you read in these pages about Codex Alimentarius, which means "food code" in Latin. It's the name of a United Nations commission that operates as part of the World Health Organization. The Commission's mandate is to set international standards for trade in all kinds of food products. Its concerns include raw- and processed-food standards, pesticide and other contaminant levels, nutritional content, and labeling. Nutritional supplements are considered food products.

The Codex Alimentarius Commission has been establishing world guidelines that no dietary supplement can be sold for preventive or therapeutic purposes without a prescription.

Second, the Codex Alimentarius Commission is limiting over-the-counter sales of dietary supplements to those of low or RDA dosage, the amounts required to prevent deficiency diseases but not chronic or degenerative diseases (such as cancer). Dietary supplements of higher potency — the dosages that work to fortify the immune system and stave off aging and chronic disease — would become pharmaceuticals. You would have to get them from a pharmacist. And that's after visiting and paying your doctor just to get the prescription.

If you want to know what the Commission has in store for you, you just need to look at Europe where Codex rules are already in place. Vitamin C, for example, is limited to just 50 mg per dose in some countries, compared to our products of up to 1,000 mg or powders of several thousand mg per teaspoon.

I was one who thought this horror would not reach our shores. However, what I'm finding out is that it very well could reach our shores in a year and a half through treaty law. Some officials are saying the treaties don't come into play here and others are saying they do. At this point, it looks to me like the treaties will force us to comply with international law.

You're well aware of the FDA's move to ban ephedra. In the wake of the ephedra bill, I also told you about two bills quietly moving through the U.S. Congress entitled "safety and access" regarding supplements (S 722 — The Dietary Supplement Safety Act and HR 3377 — The

Dietary Supplement Access and Awareness Act). Once passed, the FDA will be empowered to reel in any supplement it deems unsafe.

But these bills will mean nothing if the World Health Organization adopts the Commission's rules. Why? Once WHO adopts these rules, they become the standard for international trade, and enforcement will fall under the jurisdiction of the World Trade Organization. When the U.S. became a member of the WTO, it agreed to act in accordance with the rules of the multilateral body. What that means is that the United States is legally obligated to make sure our laws do not conflict with WTO laws.

In other words, our government must agree to any "directives" the World Trade Organization's Dispute Settlement Body hands down. (If you don't believe me, our Congress has already changed American corporate tax law and other laws because of threats from the WTO.) The U.S. will have to adopt the new WTO rules, which are far more stringent than the current bills before Congress, or face trade sanctions from member nations.

This is truly an outrage! Not only are we losing our vitamins, but we're also giving away our national sovereignty! All because Big Pharma can't stand to lose its profits and total control of the "sickness" industry.

There is not much time to act. I have contacted editors of other newsletters, including Jonathan Wright and Julian Whitaker, and asked them to run similar warnings so that there can be a galvanized storm of opposition.

Please take this article to your nutritional stores, or if you belong to a multi-level vitamin company, alert the leaders. Contact every person you know with copies of this article. You have my permission to make copies!

However, even your congressman is powerless to fight Codex, so I implore you to help support the British "Alliance for Natural Health," which has filed suit to overturn the European Food Supplements Directive. In January 2004, the Alliance's attorneys (a firm which has successfully had another European Directive overturned) won the first round in the High Court of Justice in London; the appeal was referred to the European Court of Justice.

Please visit the Alliance's website, www.alliance-natural-health.org, read about its case, and most importantly, make a donation to support its efforts to protect everyone's supplements, including yours. Even a few dollars will help! If we can help them overturn this food supplement dictatorship in Europe, it won't ever come here.

HEALTH NOTES ... continued

While other bacterial organisms were not part of this study, it's likely that similar benefits will be found across the board.

Generally, the wonderful antibacterial compounds in plants attack pathogens and spare the good guys. If we're eating food the way God made it, it's logical that plant antibacterials will hit pathogens harder. If not, we would have diarrhea around the clock. Cilantro is easy to grow. Terri and I pick some out of our garden almost every day!

Ref: *Journal of Agricultural and Food Chemistry*, June 2, 2004;52(11):3329-32.

MSG Contributes to Obesity

A recent article from Germany suggests that MSG may poison key neurons in your brain that control appetite. This can lead to elevated levels of the hormone leptin, which stimulates appetite. Additionally, elevated leptin can trigger insulin resistance-type symptoms, and even hypertension. The authors suggest that the damage to neurons can occur even before birth.

I strongly suggest you abandon this flavor-enhancing compound. There's no reason to use it, except for taste. After you stop using it, your taste buds will adjust and you won't even miss it. More reason to eat only 100 percent natural foods!

Ref: *J Pediatr Endocrinol Metab.*, 2003 September;16(7):965-8.

Coming Next Month...

- There's a 90 percent chance you're deficient in a nutrient that prevents many chronic and life-threatening ailments, including cancer. I'll tell you what it is and how to fix your deficiency.
- If you suffer from diabetic retinopathy, there's evidence a simple therapy can provide dramatic relief — and you can do it in your own home.

LETTERS

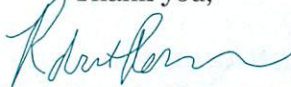
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (9:00 a.m. - 5:00 p.m. PST) for a schedule and rates.

Q: Your article on the use of nattokinase describes its use for dissolving blood clots. Chelation therapy (oral and IV) is often advocated for reversing arteriosclerosis. Can you comment on the differences between the two treatments? Does nattokinase also reverse arteriosclerosis, or is it just to dissolve a clot? Can they (or should they) be combined to clear arteries and reduce the risk of heart attack or stroke? — *Jack B., via e-mail*

A: Nattokinase is an enzyme that can actually dissolve clots and fibrin in your blood. It is completely different than chelation, which removes heavy metals. Lead is a prime cause of vascular disease. All industrial age men have lead poisoning.

I often use the two together. They are probably synergistic; that is, they magnify the beneficial effect of each other in reducing risk. Nattokinase, by dissolving

fibrin, naturally thins the blood of debris so that your blood will flow easier, more like water instead of ketchup.

The good news is that taking nattokinase involves no known risk of bleeding like coumadin. It likely optimizes your clotting system, which, due to diet, lifestyle, poisons and infection, is on overdrive. Coumadin literally poisons your clotting system.

Q: I'm having trouble finding the licorice root extract you discussed in the June issue. You said it was called Rhizinate from Thorne Research or Enzymatic Therapy and I can't find anything on either of their websites. Can you help? — *R.H., via e-mail*

A: I'm sorry for the confusion. If you do a search on Thorne's website (<http://www.thorne.com>) — under ingredients, not product name — it pulls up several formulas that have the deglycyrrhizinated licorice root extract, which is the Rhizinate.

And if you do a search on Enzymatic's website (<http://www.enzymatictherapy.com>) either under product name or ingredients, it doesn't have a match under Rhizinate. Nor does it pull anything up under deglycyrrhizinated licorice.

However, you can find it there if you search for "licorice" or under the product name — DGL (deglycyrrhizinated licorice). You'll see three separate products to choose from. All of these products are excellent.

Q: After completing a physical exam, the doctor discovered what I think is called a calcified heart artery. What suggestion do you have as an alternative approach to de-calcify the artery? — *A. Bogach, Tampa, FL*

A: There's evidence that calcification of arteries is the body's way to protect the arteries from toxic levels of heavy metals, especially lead. Chelation therapy, both oral and intravenous is the most direct treatment, in my opinion, to address arterial calcification from any cause. Chelation removes unwanted metals from the body.

Exercise is paramount. It creates more natural chelators. All studies are confirming the value of exercise in both prevention and treatment of arterial disease.

Cholesterol metabolism should be modulated with nutrition and diet. If God did not make it, do not eat it! I also would consider oxidation therapy (ozone, ultraviolet photo-oxidation of blood therapy, or intravenous hydrogen peroxide) and/or EWOT.

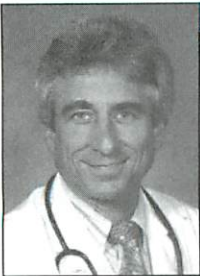
Q: Do you have any suggestions for nerve pain? I've fallen several times and the nerve pain that resulted is tremendous. Will supplements help? — *Evelyn M., via e-mail*

A: If the problem is a straight forward nerve problem, I've found B vitamin supplements are useful with many nerve problems.

However, you may have developed an interference field from the injuries. An interference field is an area of energetic disturbance due to retained memory of the insult. If so, it will take a skilled neural therapist to locate the problem and treat it, usually with very safe injections of a local anesthetic called procaine.

Visit www.neuraltherapy.com for a trained physician in your local area. Bowen therapy may also be of great help. (See www.bowtech.com or call 928-778-8983).

There are some breakthrough pain treatments I am investigating and will tell you about in future issues.



Dr. Robert Jay Rowen's

SECOND OPINION

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August 2004

Miracles of Medicine

You Can Reverse Adult-Onset Diabetes

Last month, I showed you how David Finks found tremendous relief from his severe pain (and you can too) with neural therapy. This month, I'll show you how David reversed his adult-onset diabetes.

If you'll remember, David suffered from chronic pain that forced him to eat to quell the agony. As a result, he had gained a lot of weight, which caused a lot of other problems, namely diabetes. Once we were able to get rid of the pain, we had to deal with the excess weight and the diabetes.

David's health problems had been around for a long time. He's five-feet, nine-inches tall, but weighed 238 pounds when he first came to see me. At only 44 years of age, David had one of the worst adult-onset diabetes problems I've ever seen.

He was taking an average of 150 units of insulin daily with very poor control of blood sugar (average level was 270).

He had failed on metformin, a darling among the diabetes drugs.

His cholesterol was 457; his HDL risk ratio was a very dangerous 20; his triglycerides were approaching an astronomical 3,000, and he had high blood viscosity (which you will be reading about in an upcoming issue). I did a heavy metal challenge on him and found significant lead in his body.

Folks, David was at the extreme end of the "metabolic syndrome" of insulin resistance, which you've read a lot about in these pages. His use of insulin was going up by the week from the first day he started it.

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How an Insect-Eating Plant Can Cure Your Cancer and Other Chronic Diseases

What if I told you that a plant that captivated your interest as a child is a world-class healer? And what if I told you this plant could heal cancer, chronic fatigue, Lyme disease, and a multitude of other illnesses?

I know, if something sounds too good to be true, it probably is. But not in this case! I've used this product for many years and I've seen firsthand how it works.

Dr. Dan Kenner of California also has personal and observational experience of its power and he says it "staggeres the imagination."

Can you imagine a plant extract that could provide you with an oral means to get a result similar to the expensive (IV) oxidation therapy I so often talk about in these pages?

The amazing thing is, you probably played with this unique plant as a child. I sure did. I marveled at the amazing properties of Venus's-flytrap as a kid, watching for hours as it baited insects and, unlike any other plant, caught and digested them for its food. "How on earth does a plant do that?" I wondered.

In the 1970s, German physician Helmut Keller was looking for alternatives to the toxic chemicals produced by the drug companies. He also marveled at Venus's-fly-trap and its ability to digest protein (insects) without harming itself and without a digestive system.

You know plants need nitrogen. But Venus's-flytrap lives in nitrogen-poor soils. It must get all its nitrogen from the insects it captures. And without a digestive system, it totally dissolves its prey! How? Dr. Keller believes that the compounds in Venus's-flytrap work on primitive and unshielded protein, such as those found in insects and microorganisms.

Miracles of Medicine... *continued*

The problem was not lack of insulin, but his body's handling of it.

I implored David to clean up his diet and eat vegetarian, almost exclusively raw, and very low carbs. While I put him on supplements to improve his insulin resistance, weekly chelation for the metals, and oxidation for his energy and circulation, this diet was crucial. David followed my instructions perfectly.

In just one month, look at these numbers:

- cholesterol – 182
- triglycerides – 335
- HDL risk ratio – 7.9
- estimated average blood sugar – 184

The most amazing thing about these numbers is that they were obtained after he had been able to taper down and wean himself completely off the huge insulin doses. He lost 15 pounds and felt like a new man.

David was a model client, adhering to my dietary recommendations to the letter. This should be a great encouragement for all of you challenged with insulin resistance and weight problems. You can succeed!

I will soon be writing specifically on the raw living foods diet. I believe you could solve the majority of your health problems if you follow this diet. Stay tuned!

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Well, cancer is also a primitive cell with lots of irregular protein. And infected cells actually leak protein. Could Venus's-flytrap also be a miracle for a wide variety of disorders?

Dr. Keller found that Venus's-flytrap juices digest a wide variety of primitive animal proteins (in insects) and malignant cells! Normal cells of higher organisms were left unscathed, due to the tight bundling of their more evolved proteins. In Germany, he shed light on some key attributes of Venus's-flytrap that make it an awesome disease fighter.

Dr. Keller believes the key compounds are droserone (D), plumbagin (P), and hydroplumbagin, also found in other carnivorous plants. These remarkable and hard-to-make compounds are powerful oxidation catalysts, not dissimilar to the famous Koch catalysts. In the 1930s, Dr. William F. Koch was using catalysts to speed oxidation in cells. He cured many dreaded diseases. His successes created political problems forcing him to emigrate to Brazil to continue his work.

D and P modulate the immune system. That is, they lift a weakened immune system, or stimulate a proper balance of activation and suppression. Too little of the former can lead to cancer and infection. Too little of the latter can lead to "autoimmune" disease. D and P also increase natural killer counts and function, essential in the defense against chronic disease. These oxidation catalysts are quite possibly able to induce many of the effects of intravenous and more expensive oxidation therapies in your body.

Quercetin is one of the premier bioflavonoid-free radical scavengers. It has enormous properties in modulating allergy by stabilizing mast cells loaded with histamine. Otherwise, they could dump it into your system with little provocation, resulting in a whole host of allergic symptoms. Quercetin is a first-class heart muscle and circulation protector, a natural chelator (like most other bioflavonoids), and is an outstanding protector of liver function. Quercetin is not completely absorbed when it's taken orally. Its presence in Venus's-flytrap could increase its power since Venus's-flytrap can be used by injection. Myricetin, a bioflavonoid similar in properties to quercetin, is also found in Venus's-flytrap.

Venus's-flytrap juice provides ample amounts of antioxidants, plus arginine, threonine, and other amino acids essential in detoxification, immune system stimula-

tion and regulation, metabolism, liver function, collagen (your connective tissue) maintenance, and more. Proteolytic enzymes, powerful modulators of inflammation, are able to break down aberrant protein and are also present in Venus's-flytrap.

Today, Venus's-flytrap is marketed as the herb *Carnivora*, for obvious reasons. I began using *Carnivora* in Alaska to treat cancer. Dr. Morton Walker, a medical journalist had detailed amazing cures of life-threatening diseases with *Carnivora* from firsthand interviews and travels to Dr. Keller's clinic. Dr. Walker estimated at least a 45 percent significant response rate to cancer with *Carnivora* alone. Dr. Keller said the results are much higher with integrated approaches.

I had one patient, Jeff, a beloved retired Anchorage fire chief, who came to me with late-stage terminal disease. His physicians estimated a six-week life span. He was fortunately able to acquire intravenous *Carnivora* from Germany. Jeff lived a full life for his remaining nine months, traveling across Alaska and fishing, even up to the end. His wife was most grateful for the quality of life *Carnivora* extended him.

Second Opinion reader Brian Lecompte, MD consulted with me on the use of artemisinin for his 81-year-old mother-in-law with newly diagnosed inoperable lung cancer. I suggested a dose. He added tincture of *Carnivora* and administered it to her by nebulizer (inhaled). Within a few months, the tumor shrank to a scar, never returned, and her astounded oncologist pronounced her cancer free!

Now the exciting thing about *Carnivora* for most people is not just cancer but what it can do for very stubborn situations such as chronic fatigue, Lyme disease, parasites, and inflammatory bowel conditions.

Take the case of internationally known healer Theresa Dale, ND, PhD (www.wellnesscenter.net). "I had a typical case of severe parasites (confirmed *Blastocystis* and *Giardia*): bloating, loose stools, much fatigue, and even skin breakouts around my colon area. I could feel pockets in my colon. *Carnivora* was a Godsend for me. I noticed a difference immediately. I took it for eight weeks three to four times per week. I recovered completely with *Carnivora* alone and confirmed myself free of parasites. I will admit I was prepared for this healing because I had already detoxed myself. I have used *Carnivora* on several other confirmed cases all with the same results."

HEALTH NOTES

This Enzyme Works as Well as Oxygen Therapy!

Last month, I told you about nattokinase, the natural agent made from fermented soybeans that dissolves blood clots and treats and prevents many chronic health conditions, including fatigue and heart disease.

But nattokinase isn't the only effective clot and fibrin (clot precursors) dissolving oral enzyme. David Berg of Hemex Labs, whom I mentioned last month, likes lumbrokinase, an enzyme extracted from earthworms. David says it has the ability to move outside the bloodstream and unclog extravascular areas.

David told me: "I had a large, dried, post-surgical hematoma in the muscle above my knee for eight weeks after arthroscopic surgery. Using the directions on the lumbrokinase bottle (two tablets, three times daily), the hard, dried knot was completely gone in 48 hours."

What we're now learning is that blood fibrin can cause fibromyalgia and multiple sclerosis. Here's how this works. The human capillary is just seven microns across. Oxygen and nutrient exchange across the endothelium (lining) of a healthy capillary takes just two seconds. However, add just one micron of fibrin sludge to the lining and that two-second exchange jumps to 5.3 **MINUTES!**

Now, couple that with one recent article reporting that the painful areas of fibromyalgia are hypoxic (low or no oxygen) and another article reporting that muscle capillaries in people with multiple sclerosis develop fibrin deposition, and you get a disease connection. We know that the coagulation/fibrin hypothesis is not just a theory, but can really happen in your body. And it does cause multiple chronic illnesses.

The good news is, these enzymes I've told you about can break down the clots and return your vascular system to a normal, healthy system. In China, lumbroki-

(Continued on page 4)

HEALTH NOTES ... continued

nase is a leading treatment in over 1,000 hospitals for thrombotic stroke and is a favored treatment for lowering high fibrinogen, a major vascular disease risk factor. Its only disadvantages compared to nattokinase are that it's more expensive and not suitable for vegetarians. Worldwide, over \$100,000 worth of nattokinase has been sold, largely in Europe and Japan. America is lagging far behind in these wonderful breakthroughs.

Nattokinase is available in America from Allergy Research Group and Nutricology (800-545-9960). Lumbrokinase and nattokinase have many sources available on the Internet. They are also available from Farmacopia at 800-896-1484.

Sexercise and Prostate Cancer

There is now excellent evidence that frequent sexual activity protects the prostate as well as some of your favorite nutrients. A large study following 30,000 men over eight years showed one-third less risk of developing prostate cancer in men with the highest monthly frequency of ejaculations (at least 21). Each increase of three ejaculations per week (from zero) resulted in a 15 percent decrease in developing the cancer.

The uterus in females sheds monthly until menopause. This gives women an edge over men in eliminating toxins. The only form of release of prostatic fluids is ejaculation. Limited frequency may allow accumulation of carcinogens that might otherwise be eliminated. It also may reduce microcalcifications associated with prostate cancer. Sexercise might just give

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To order special reports, books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Dr. Dale recommended three capsules, three times daily in addition to the Carnivora tincture, one bottle for about two weeks. Folks, parasites can be a very difficult condition to successfully treat. This story is particularly impressive. Just one substance proved successful where several other products, including drugs, might be employed for the condition.

Dr. Keller states that promising therapeutic results have been obtained in the treatment of: adult malignant tumors, ulcerative colitis and Crohn's disease, eczema, certain autoimmune disorders, psoriasis arthropathica, immune deficiency diseases (AIDS), chronic fatigue syndrome, influenza, the common cold, and herpes infection. Dr. Kenner emphasized the latter with a stunning story:

A woman, aged 46, with a three-year history of a continuous and painful herpetic lesion was seen for treatment. She was given an intramuscular injection. In 12 hours, the lesion of three years was gone. Kenner was astounded. Continuing intermittent outbreaks in different locations dwindled over time with oral treatment and occasional shots. Still in communication with Dr. Kenner, she has been free of herpes symptoms for three years now.

Dr. Ron Schmid (www.drroons.com), of Watertown, Conn., visited Keller in the early '90s. He also was most impressed with Dr. Keller's cancer and AIDS cases. Shortly after, Carnivora became available in the U.S. in drop and capsule form. Dr. Schmid reports several cases of breast and prostate cancer (PSA ranging from 10-60) who have experienced no disease progression on a regimen over two years on natural therapies and oral Carnivora.

But Dr. Schmid proved to be a dramatic case himself. He contracted Lyme disease (proven with standard testing), which brought his robust and athletic body to its knees, with fatigue and "horrible" shooting pains, headache, and intermittent fevers. Diet (raw foods) and herbs helped significantly, but when he added Carnivora, the rest of the disease symptoms virtually disappeared promptly. He is milking cows and running again. His ESR, a measure of inflammation, dropped from a very high 60 to normal, meaning his inflammation was gone. Low-grade infection is still likely present, with mild symptoms occurring only every few months, which he promptly fixes with Carnivora at the time of symptoms. His self-prescription was two capsules, three times daily and 20 drops of tincture sublingually, with one drop of DMSO under the tongue six to eight times daily.

Another naturopathic doctor (ND) in Minnesota, (name withheld by request) was bitten by a tick and developed a bull's eye rash after seven days. He took Carnivora (10 capsules daily). The rash was gone in one-and-a-half days and he never went on to develop further Lyme problems. He continued treatment for a month.

This same doctor relates an even more stunning case. A married couple raising llamas on their 40 acres were both bitten by ticks in a highly infested Lyme area. The husband tested positive for Lyme and received antibiotics and his rash disappeared. His wife had no rash and did not test positive, so her physician refused antibiotics even though she went downhill fast. Within three months, she had severe spinal pain and could barely walk. The ND treated her with Carnivora tincture. She recovered sufficiently to return to her medical doctor requesting another Lyme test. It was positive for the Bannwarth variety of Lyme, the most serious form that can quickly unravel your nervous system with symptoms ranging from horrible neurological pain, to ALS symptoms, to schizophrenia. Her MD then prescribed antibiotics. She didn't reveal the Carnivora therapy to protect the ND.

The wife made a full recovery to the astonishment of her MD, who confided to her that he also had Bannwarth's syndrome. He was confused why she should make a full recovery and he was still ill while he used the same antibiotic treatment on both. The only difference in treatment was the Carnivora! The ND reports 100 percent success in his Lyme clients using Carnivora when they test well for it by bioresonance testing.

Dr. Dan Kenner, LAc of Forestville, California is an expert on botanical medicine, confirmed by his book: *Botanical Medicine: a European Professional Perspective*. Hearing about Carnivora, he traveled to Keller's German clinic in 1990. He, too, observed amazing cancer results. One woman in her late 50s was cured of breast cancer, and is still cancer free to this day! "She is now the picture of health and got the message to detox."

Dr. Kenner's own experience is with infection. "I had a woman who had vaginal trichomonas (a parasite) continuously for months. It failed every conventional and herbal treatment given. My jaw dropped at the result. I gave her only the oral liquid extract and within three days it totally cleared up. The product did miracles for my female patients. It cleared other common vaginal infections very quickly and became my number one treatment

HEALTH NOTES ... continued

you an additional edge.

Ref: *New Scientist*, July 2003; *J. Amer. Med. Assoc.*, vol. 291, p. 1,578.

You Can Avoid Cancer by Avoiding Calories

If you're interested in extending your life span, the only known means to do it is by restricting the number of calories you eat. I've told you this many times before, but now comes additional proof.

A Swedish study on 7,303 women followed for 33 years found an absolutely stunning reduction in breast cancer risk in those who had an episode of anorexia nervosa. Look at these figures:

- If anorexia was diagnosed prior to age 40, the risk was cut by 53 percent.
- Barren women with anorexia saw their risk cut by 23 percent.
- And women who did have children had their risk cut by a whopping 76 percent.

Anorexia nervosa is serious disorder, usually in women, wherein the patient sees herself as too heavy and drastically reduces caloric intake, even in the face of obvious starvation.

Action to take: No, I'm not recommending that you become anorexic. Everything in moderation. However, the lesson is clear. The body responds to fewer calories by a reduction in insulin, (the hormone of aging, cancer, and death, when it's in excess). Here, driving down insulin levels to near nonexistent, even for finite periods was clearly associated with a reduction in the development of at least one type of cancer.

I would bet that similar findings (as far as calorie restriction) will be found for prostate and other cancers.

Exercise is another way to lower insulin. When you eat too many calories, you have only two ways to deal with them: burn them or store them via insulin. I choose eating less, and exercising more!

Ref: *JAMA*, March 10, 2004; "Eating Habits May Affect Cancer Risk," Associate Press, March 10, 2004.

(Continued on page 6)

HEALTH NOTES ... continued

Artemisinin Makes Huge News!

Artemisinin, an herbal extract I told you about two years ago, is used in ancient Chinese medical practices and originally made its way to the modern age in the treatment of malaria. But you learned in these pages about the incredible use of artemisinin in the treatment of cancer.

The strong connection with cancer was discovered when some scientists found that its mechanism of action, reacting with iron highly concentrated in the malaria parasite, might make it bode well in the fight against cancer. They were right! I've seen many cancer patients helped significantly with artemisinin. Believe it or not, an even more pressing issue than cancer for the world is malaria.

Malaria is a protozoan parasite that infects and bursts red blood cells. It's a leading worldwide cause of death. Drugs used for protozoa, which are animal cells, are toxic. Artemisinin was found to be stunningly effective (97 percent death-rate reduction!), with essentially no toxicity. Yet for years, medical pundits dragged their feet on embracing this God-made compound. It was our own government that obstructed its wide use alleging cost.

But there's been a huge change in the past 12 months. Worldwide charitable funds have embraced the extract, propelling the compound to the forefront of malaria treatment. Malaria causes about 300 million illnesses a year, and at least one million deaths, 90 percent of them in Africa and most of them children under five.

Herein lies a problem. As a plant material, artemisinin cannot be patented, said Dr. Allan Schapira, a policy specialist for the "Roll Back Malaria" campaign of the World Health Organization. Nor can the simple extraction process. Some synthetics, he said, are old and off patent, which public health officials like. But pharmaceutical companies do not, because they make a larger profit from drugs on which they have patent monopolies.

(Continued on page 7)

for vaginosis (vaginal infections). Considering the miracles it did for already formed cancer, I experimented with it topically (intravaginally) on precancerous cervical lesions; I thought it might reverse them. In fact, it reduced the grade (severity) of the dysplasia in every case!

"I recommend one to two capsules daily for travel in the tropics. None of my clients has ever become ill. It is the widest spectrum antimicrobial, and one of the most versatile botanical substances I've ever seen. In the case of viruses and protozoa, it is the most powerful. A 45-year-old man had high titers of CMV and EBV (viral infection) and massive brain fog. His viral titers shot down to almost nothing three days after oral Carnivora was administered. In bacterial infections, it's synergistic with antibiotics. Dr. Keller found that Carnivora extracts killed Lyme disease and even malaria parasites."

Folks, a plant juice that digests everything from insects and cancers to parasites and Lyme, is an extremely powerful tool for a variety of the most terrible scourges affecting mankind today. I have heard of no toxic effects, although anyone can be allergic to anything. I've already reviewed how stealth infections, especially Lyme, can be behind over 300 different "maladies" encompassing almost any neurological, psychological, immune or fatigue syndrome. Samento, which I told you about in December, is a great start, but the more natural weapons in our arsenal, the better!

Mild and moderate problems may respond to the capsules, anywhere from six to nine per day in three divided doses. More is not necessarily better. More serious cases should add the tincture as well. For Lyme, most physicians are recommending the use of sublingual drops as well — 20 drops, six to eight times daily with one drop of DMSO to enhance its absorption. Hold these under the tongue two minutes before swallowing. I have not heard of any significant or unpleasant "die off" reactions, which are so prevalent with antibiotics. That's a great encouragement.

Carnivora is the only brand of Venus's-flytrap I recommend. Most others are diluted with problematic solvents like propylene glycol, alcohol, or have glycerin added. These additives dilute your product, and can have negative effects on their own. Carnivora is 100 percent undiluted and uncut. It's manufactured in a GMP facility (good manufacturing plant, with government standards), and is sterile. You can get Carnivora directly from the company, Carnivora Research, Inc., 866-836-8735, or visit www.carnivora.com on the Internet.

Are Heart Disease, Macular Degeneration, and Colon Cancer Related?

I've told you in the past about a convenient and easy test called C-reactive protein (CRP) that helps determine the health of your heart. Now it turns out CRP is shown to be associated with colon cancer.

Researchers measured CRP in 22,887 Maryland adults in 1989. These subjects were followed for the next 11 years. Higher CRP was found in those who subsequently developed the cancer. Those with the highest CRP had the highest risk (about 2.5 times those with the lowest). The weakness of this study was that CRP was measured only once, and the study did not determine whether elevated CRP is a risk for colon cancer or a consequence. However, the association is clear.

And yet another CRP association is made, this time to macular degeneration. In a new study, 930 subjects had CRP drawn in the mid 1990s and followed for MD. This study controlled for other known risk factors, such as smoking, age, sex, and body mass index. Those with the highest CRP were 65 percent more likely to develop MD.

CRP is a marker of ongoing inflammation. It's been known for a long time that chronic inflammation plays a role, not only in the genesis of heart disease, but also cancer. CRP is a non-specific measure of inflammation, occurring somewhere in your body.

Action to take: Doctors look at one measurement in your blood, your cholesterol, and pronounce you at risk or not. CRP is an inflammatory marker that crosses the boundaries between the vascular and immune systems. It's an independent risk factor for a variety of disease states. I measure it routinely in my clients. If it's elevated, it signals inflammation is present somewhere in your body, but does not necessarily tell you where. See an astute integrative physician who can help detect the source, and eliminate it!

I've found curcumin, 500 mg, three times daily, is the most effective in lowering CRP. I especially like a product called FYI (For Your Inflammation). FYI is available at Farmacopia (800-896-1484) or by visiting the manufacturer's website at www.gardenoflifeusa.com.

Ref: JAMA, February 4 & 11, 2004.

HEALTH NOTES ... continued

The price of artemisinin cocktails has fallen from \$2 per treatment to 90 cents or less as more companies in China, India, and Vietnam have begun making them. (Older drugs cost only 20 cents.) Consider that cost when compared to conventional cancer treatments, which are hundreds or thousands of times more.

I'm very excited that the cost is coming down, but I'd like to see it come down even more. After two years of feedback, I still like artemisinin in cancer management. It's cheap, safe, and very effective in many cases. No, it is not a cure all, but artemisinin could be part of an overall strategy in the management of cancer, as it is at last emerging in the treatment of malaria.

You can still buy artemisinin through Nutricology (800-545-9960). However, if you or a loved one intends to use it, I strongly suggest supervision by a medical professional familiar with its use. Please have your blood count and liver function monitored while on the therapy to be as safe as possible.

Ref: McNeil, Donald G., Jr. "Herbal Drug Is Embraced in Treating Malaria," NYTimes.com, May 10, 2004.

Correction: There were two dosage typos in the June issue. The correct dosage for vitamin C is 1,000 mg/day, not 100 mg/day as stated. And the correct dosage for selenium is 200 mcg/day, not 200 mg/day. My apologies for the errors.

Coming Next Month...

- High cholesterol alone won't cause a heart attack, but one factor you never hear about could. I'll tell you what it is and how you can easily avoid it.
- Exercise is great for your brain, but this easy therapy will help your brain function like it's 20 years younger. Find out what it is next month.

LETTERS

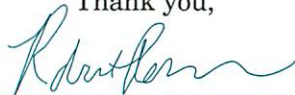
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (9:00 a.m. - 5:00 p.m. PST) for a schedule and rates.

Q: You've recommended eating almonds (and most fruits and vegetables) raw, but with the recent salmonella poisonings, we now see that this can be just as dangerous as eating meat raw. We may get more nutrients eating raw food (including meat), but is it worth the risk? — J.A.M., Muncie, IN

A. There's a risk to everything you do, and that risk must be weighed. Anything can be contaminated without your knowledge. I've even seen recalls of processed cooked foods for contamination by various agents, including heavy metals.

Does bacterial contamination mean you will certainly fall ill? I believe infection is more a matter of the fertility of the terrain than the seed that falls on it.

That means that if your immune system is healthy, via a proper diet, reduction of stress, avoidance of known toxins, and adequate exercise and sunlight, then the risk of bacterial exposures

on your terrain will be limited.

I continue to eat raw almonds frequently. Obviously, I don't want to get salmonella. But I would rather risk contracting salmonella than risk developing degenerative diseases that might occur from eating foods that have been denatured and had their nutrients destroyed from heat.

However, I cannot make that decision for you. You must evaluate the risks and desired benefits that are fitting for your health issues.

Q: I agree with your opposition to Senate Bill S-722 and have written to my senator, Dianne Feinstein, to take her to task for being a co-sponsor of it. However, a nagging question in the back of my mind won't go away. How can we be sure that a nutritional supplement being offered by you or anyone else has the concentration and purity of ingredients represented in the advertising? Who, if anyone, can attest to this? If the thing just doesn't perform as advertised, what recourse do we have, other than getting our money back for the unused portion? — Miriam E., via e-mail

A. I wish I could assure you that every supplement has the labeled ingredients, but I cannot. Even integrative physicians have been alarmed at the lack of purity and potency. I can speak only for products that I have used clinically or participated in formulating (wherein I know who manufactures it as well).

As a result, Healthy Resolve is my first choice in supplements, since I formulate and personally know the integrity of the manufacturer. I consult with the formulators who design the supplements. I meet with the manufacturers on a regular basis where they describe the rigorous and thorough testing

standards they uphold. I've found that they manufacture some of the highest quality supplements available for the health industry and medical doctors.

Certain companies go way out of their way to ensure faith in their products. Generally, these are the firms that market directly to physicians (Healthy Resolve is produced by one such manufacturer). They know that doctors will be watching carefully for clinical effects and cease using the product if it fails. Therefore, there may be an advantage to getting your supplements through integrative physician dispensaries.

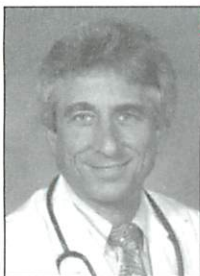
One such distributor is Farmacopia (800-896-1484), which I recommend often. I've been to its facilities and found it has the same product lines I would recommend if I were in the business of selling directly.

Generally, you get what you pay for. So remember that when ordering through discount mail-order suppliers.

Regarding the coming government invasion into the supplement industry, I think such intrusion will not serve anyone but Big Pharma.

You can be sure draconian government agencies will devote most of their time to far less dangerous problems, such as supplements, than to the mass injuries and deaths secondary to patented petrochemical drugs.

I think the best answer would be for the public to lobby the supplement industry to organize a "Better Business Bureau" to police itself. That way, if a supplement is not found to contain what it claims, that "BBB" will be able to sanction the member company and notify consumers.



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

Hyperbaric Oxygen Cures Stroke

Second Opinion reader Charles Watkins of Marin County, California is a 75-year-old man with newly diagnosed type-2 diabetes.

On February 22, 2004, he was preparing for a business trip and suffered an instant loss of the left one-third of his visual fields in both eyes, while in the bathtub. I had "left arm and leg stiffness with lack of coordination."

He had suffered a stroke. But thanks to the incredible healing abilities of oxygen, Charles has fully recovered from an event that could have killed him. I'll let him tell you his story in his own words:

"My wife immediately pulled me out of the tub, took me to UCSF emergency room where I was admitted for type-2 diabetes with a blood sugar of 440, and a urinary tract infection in addition to the neurological defects. UCSF released me to my family doctor. I was referred to a local ophthalmologist who told me that I had, in fact, suffered a stroke to my visual cortex, giving me no promise for recovery.

"My family doctor immediately put me on a regimen of hyperbaric oxygen (HBO) therapy daily in the office of Dr. Todd Kaufmann, and IV chelation two times per week and essential phospholipid IV drip.

"After my first HBO session, three days after the stroke, my vision was restored and the heaviness in my foot went away. By the following Monday, I had no foggiess in my cognitive alertness and my left side coordination was fully returned. In addition, my blood sugar has since regulated averaging 100 in the morning and 160 after

(Continued on page 2)

When High Fat Can Kill You Instantly

I've told you many times through the years that high levels of the wrong fats can cause all types of disease, including heart disease and cancer. Now there's an even bigger problem with these fats — you can simply drop dead if your blood levels are too high!

Death comes so quickly with this type of cardiac arrest that it occurs without the development of a heart attack. Instead, an electrical irritation of the heart leads to a fatal rhythm disturbance.

If this irritation happens to you, there's no chance of recovery! Death is instant.

While medical professionals have known about this sudden death syndrome for years, they've never understood the cause. When death comes so quickly and without warning, it's difficult to study.

But now, a major new study has identified the cause and it's sending shock waves through the halls of medicine. For generations, conventional medicine has held that diet has little or no effect on your health — other than dietary cholesterol. So the researchers were expecting to find something like genetics or stress to be the underlying cause.

Instead, they found that a build-up of omega-6 fatty acids in the blood is the cause. Here's what happens:

The basic building block of fats is the fatty acid. Fats in the bloodstream and in storage areas exist mostly in an esterified (combined) form in which the fatty acid is chemically bound to an alcohol, such as glycerol. You've read in these pages many times about triglycerides. Triglycerides are simply three fatty acids combined (esterified) with the three alcohol groups of the glycerol molecule.

Free fatty acids, on the other hand, haven't combined with alcohols and are typically in very low concentration in your bloodstream. This is a good thing because free

Miracles of Medicine ... continued

meals. Your (HBO) practice has been a god-send. Your hyperbaric chamber has made a difference in my life, and I attribute my recovery to your early intervention."

Folks, this story is almost identical to Bart Bixel, a fine man I saw in Alaska 11 days after a similar stroke, and a declaration from his eye doctor that it was permanent. Within two weeks, he too had a full recovery.

Mr. Watkins received treatment in the "mild" hyperbaric chamber at only 1.3 atmospheres. This contrasts to the far higher pressures of conventional expensive chambers. The "mild" fabric chamber has slashed the cost of HBO therapy and also made it possible for you to get one yourself.

The best results for stroke, as always, come when it is administered as soon as possible to save injured but viable nerve cells. HBO helps to rebuild circulation as well as provide the life-sustaining oxygen at a time when circulation is impaired. If you suffer a stroke, don't hesitate a moment to locate HBO therapy! Mr. Watkins has purchased his own chamber.

For further information on mild chambers, and availability, please contact Dr. Kaufmann at 800-635-4334, or visit www.oxyhealth.com on the web.

Correction: There is a factual error on page 6 of the April 2004 issue. I stated that one tablespoon of cod liver oil contains 4,000 IU of vitamin D. Most brands contain 1,200-1,500 IU of vitamin D per tablespoon. So take two to three tablespoonfuls daily. My apologies for the error.

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fatty acids are very irritating to tissues. When the level of nonesterified fatty acids (NEFA) in your blood becomes high, it can cause dangerous ventricular dysrhythmias if you have coronary artery disease and low oxygen delivery to the heart.

This new study investigated the risk of high NEFA in apparently normal men in Paris. In the study, 5,250 male Paris employees, aged 42 to 53 in 1967 to 1972, were studied. They were free of known cardiac disease. They also completed a physical examination, underwent an ECG, had laboratory blood testing, and answered questionnaires given by trained personnel. The researchers followed the participants until death and determined their health status through employee records and from their death certificates after retirement.

As expected, the researchers found high body mass index, smoking, fasting cholesterol levels, systolic and diastolic blood pressures, parental history, and NEFA concentration all associated with sudden death. However, after adjusting out for confounding factors, NEFA remained a highly significant independent risk variable for sudden death, but not for heart attack.

They concluded that circulating free fatty acids is an independent risk factor for early and sudden cardiac-induced death. It's the first article to implicate such sudden death in apparently healthy men. Most fatal dysrhythmias are associated with a circulatory compromising event to the heart.

An accompanying editorial by Alexander Leaf, MD expounds on the implications:

Free fatty acids are released from adipose (fat storage) tissue by cigarette use, fasting, diabetes, hyperthyroidism, or heart attack. Leaf explains however that not all free fatty acids are the same. Omega-6 fatty acids seem to be the culprit in the damage and risk!

Omega-6 fatty acids are found in plant seed oils including corn, safflower, sunflower, and most plants that grow in more southern latitudes. The American diet has drastically altered its ratio of omega-6 to omega-3 fatty acids in the last century favoring omega 6.

Dr. Leaf writes that omega-3 fatty acids do not have this deadly effect and may counterbalance the effect of the omega-6 if the ratio is improved.

"Only relatively small amounts of omega-3 fatty acids seem needed for protection, but the intake must be accompanied by a reduction of omega-6 fatty acids to

reach closer to a 1:1 ratio of omega-6 to omega-3 polyunsaturated fatty acids," Dr. Leaf says.

Previously reported research has linked the higher ratio of omega 6:3 to a variety of metabolic disorders, including arthritis, asthma, eczema, cancer, and more. In these cases, the omega-6s assist in the generation and maintenance of these disorders. With sudden death syndrome, we see a direct irritating effect of the free fatty acids on the electrical system of the heart. As a result, the American Heart Association has at last (quite belatedly) altered its dietary recommendations to include more fish and omega-3 oils. I do believe the best ratio is 1:1 for the best health.

Action to Take

(1) Measuring NEFA is rather costly, but if you have a rhythm disturbance that's unexplained, uncovering this cause could be lifesaving. And the treatment is easy. Of course, pharmaceuticals will try to find patentable chemicals to lower NEFA. (They've already come up with one. One study showed that this new drug is successful in lowering the NEFA level and did, in fact, lower the incidence of ventricular dysrhythmias). I think these drugs are unnecessary and potentially dangerous. Avoid them!

(2) Increase your dietary intake of olive oil. I make my own salad dressing out of organic extra virgin olive oil. While olive oil isn't an omega-3 or omega-6 fatty acid, this monounsaturated oil has proven beneficial properties and is likely a neutral in these newly discovered findings.

(3) Increase your dietary intake of foods high in omega-3s. Flaxseed, hemp seed, leaf lettuce, and walnuts are good plant sources of omega-3.

(4) Cold-water fish are even better sources of more developed omega-3 oils, but all the toxins found in today's fish supply are a serious concern. Eating fish in moderation is fine, but make sure you eat wild, not farmed, fish. These are far healthier and less toxic. Instead of eating large amounts of fish, I suggest you buy toxin-free fish oils, such as those found in Healthy Resolve's Max Plus, and take those regularly. Taking these could save you from sudden death!

(5) Although not mentioned in the article or editorial, carnitine may also be useful since it has been shown to carry fatty acids in to the mitochondria where they will be combusted for fuel. I suggest 500 mg, three times per day.

HEALTH NOTES

Boost Your Memory With This Popular Ulcer Treatment

You can now boost your brain function and slow age-related memory loss simply by using an herb that's long been used to treat stomach ulcers.

A small study reported in the prestigious *Proceedings of the National Academy of Sciences* found that 10 elderly, but healthy men who took carbenoxolone (also known as licorice root extract) three times a day boosted their verbal fluency 10 percent in just four weeks. Another 12 adult-onset diabetics who had already developed memory problems, also had improvement of 10 percent.

Age-related memory loss is believed to be secondary, at least in part, to chronic stress such as a long-term illness. Stress increases the hormone cortisol. Higher levels of cortisol are associated with smaller brain structures, which are related to learning and memory. Carbenoxolone works by lowering cortisol in the brain. It also binds to sites in critical brain structures that may trigger better function of genes related to brain function and memory. Even though this study was small, it still confirms that brain cells have the ability to adapt even into your senior years. Changes we used to think are irreversible may not be.

Action to take: Carbenoxolone also does wonders for stomach ulcers. However, it can raise blood pressure. There are preparations on the market that have removed the component largely responsible for its hypertensive effect. They will say on the label "deglycyrrhizinated licorice root extract." My favorite is Rhizinate from Thorne Research or Enzymatic Therapy.

Ref: *Nature Science Update*, April 5, 2004.

Warning! West Nile Virus Is Fast Becoming an Epidemic

I told you in 2001 that the West Nile virus was rapidly spreading across the country. With summer now upon us,

(Continued on page 4)

HEALTH NOTES ... continued

there's even more reason to be concerned, as the virus is quickly becoming an epidemic that may affect your family.

Toward the end of last summer, a colleague from the Midwest informed me at a medical meeting that he was seeing West Nile virus infection as a third of his routine office visits!

"There's an epidemic here the magnitude of which is deliberately being suppressed. The emergency rooms are full of cases and it's far more severe than we were led to believe. There's no conventional treatment for it. I've tried massive doses of vitamin C, which usually knocks out viruses, but have seen no effect. What would you do?" he asked me.

As with most everything we're fed by government health authorities, it appears we again are not being told the truth, but only what they want us to hear. I heard on the news that the infection rates are far greater than previously suspected. Why did it take a colleague to tell me before it was released in the news?

I suspect West Nile will be a far greater problem than SARS or anthrax could ever be, since it's carried by common mosquitoes. And, far worse, government methods to eradicate the problem will include foolish spraying of poisons everywhere. Indeed, even in my locale in California, lagoons are already being sprayed, even in populated areas. Trying to kill all mosquitoes is akin to trying to eliminate all microbes from the gut. It just cannot happen and, if it could, the price would be disastrous.

Action to take: Your best bet for

(Continued on page 5)

To order special reports,

books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

If You Take Prescription Drugs, Your Dose May Be Dangerously High!

You already know prescription drugs cause more than 2.2 million severe medical reactions in hospitals and kill more than 100,000 people each year. But if you take prescription drugs, you can avoid these terrible consequences simply by using much lower doses!

Take one of my own cases for example. Shirley, who is 66, was given Lipitor for high cholesterol. She immediately developed severe aches in muscles and "my previously very firm body turned to mush. Just look at me. I am now flab and haven't recovered!" Had the doctors started with a much smaller dose — or better yet, with some safe herbs and nutrients — she might have avoided these consequences completely.

Or take the example of Jay Cohen, MD. Back when Prozac first came out, he gave the recommended 20 mg dose to a woman in her 30s. Within three days, she became acutely psychotic. He stopped the drug and she recovered almost overnight. He then restarted it at a much lower dose — five mg — and she did fine!

Doctors regularly prescribe doses promoted by the pharmaceutical companies instead of starting small and working their way up. Jay Cohen, MD believes the doses recommended by pharmaceutical companies are too high. You already know the pharmaceutical companies' interest lies in having you take as much of their product as they can. So you won't be surprised to discover Dr. Cohen is finding ample examples of serious overdose.

I met Dr. Cohen at a medical meeting where he explained what happened to his Prozac patient. He uncovered data that showed Prozac to be effective in much lower doses even before it was released at 20 mg. And this was research from the pharmaceutical companies. In other words, these companies know their products are better and safer at smaller doses, but they are withholding that information from doctors. Dr. Cohen told me, "I found research that shocked me. I thought, 'Wait a minute! If you don't give me the information to do my job right, how can I protect my patients?' I took that very personally."

Folks, no physician can do a good job with the rot fed to him by the pharmaceutical cartel. Dr. Cohen explained

to me that the problem begins with how drug trials are run. The companies are into it for proving effectiveness. Hence, they will step up the dose to be sure they get the response they want. Often they are competing with similar drugs and the way to beat them is with higher doses.

Additionally, the studies are usually made up of young healthy males. These guys are more resistant to the toxic effects. What happens when older people with slower metabolism or smaller people, such as women, are prescribed doses for young healthy males? Or older people on plenty of other synthetic chemicals that can interact or derange metabolism of additional drugs? You get cases like either one above.

Unfortunately, modern medicine professionals think all of us have similar metabolisms. Incredibly, they are blind to the individuality of each one of us. So instead of personal attention from a physician, we get "standard doses." You don't have to be a nuclear physicist to observe that one drink of alcohol can make one person drunk, and not phase another. But Big Pharma scientists are either not that observant, or paid to look the other way.

Robert Ehrlich is head of DTC Perspectives Inc., a New Jersey pharmaceutical publishing company. He formerly was vice president of consumer marketing for Parke-Davis, the company that developed Lipitor. He says pharmaceuticals limit dosages to the ones that fit the needs of most patients. "Otherwise, a multiplicity of choices would be confusing for patients and too time-consuming for doctors."

Confusing? Are we practicing cookbook medicine or being pimps for big Pharma's wares? Either way *you* lose!

Ehrlich continues, "If the problem is serious side effects, probably. I think Dr. Cohen's basic premise is fair. I think he's right that they should offer lower doses. I don't think he's right that there's a big risk to society in the doses they do offer." A potential risk of Cohen's theory, he says, is that if doses are too small to be effective, then patients might stop taking medications.

Gads! With statistics like those I gave earlier, we might be able to lower the death rate and escalating costs of the sickness establishment if patients were wise enough to take the "risk" of tossing their chemicals! Hey, the "side effects" induce many people to stop their drugs.

Dr. Cohen believes statins, antidepressants, anti-inflammatories, and hormones are the big four groups of drugs that are most likely to be overdosed. In fact, what most fail to realize is that 75-85 percent of "side effects"

HEALTH NOTES ... continued

fighting this disease is to make sure your immune system is in top working condition with proper diet and nutrition. Specific treatment targeting viral infections include oxidation with ozone or ultraviolet blood irradiation. I've not yet had an opportunity to try these on West Nile virus, but I'm sure I'll get the opportunity soon. Before the illness hits your family, make sure you know where your nearest oxidation physician is located. It could save your life. Call 800-728-2288 for a list of physicians.

High Iron Levels Could Signal Diabetes

If your doctor regularly warns that your iron levels are too high, you could have a significant risk for developing diabetes.

I've warned for years about the dangers of high iron. One of the best tests for iron load is ferritin. My cut off has always been 100. Any higher suggests trouble, even though the "normal" range can be far higher.

Now comes an article in the *Journal of the American Medical Association*, which confirms my warnings. A Boston study of 32,826 women found higher initial levels of iron in women who went on to develop adult diabetes in a 10-year study. But the "higher levels" were well within the "normal range." Average levels were 109 in the women who developed diabetes, compared with 71.5 for the others. Women in the group with the highest levels — at least 102.2 — were nearly three times more likely to develop diabetes than women in the group with the lowest levels, or less than 21.1.

Action to take: Be sure you get your ferritin levels checked regularly. Iron is associated with vascular risk as well. Women's risk of vascular disease is below that of men because of their uterus, not ovaries. The monthly shedding of excess iron prevents the mineral from accumulating and spilling into its free form, which is

(Continued on page 6)

HEALTH NOTES ... continued

highly reactive and destructive. When women reach menopause (surgical or natural), their risk quickly approaches that of men.

The best treatment for high iron levels is simple blood donation until your ferritin falls below 80. If iron has ever been significantly higher, chelation therapy (oral or intravenous) would be a good idea to mop up any of the spilled iron in the "free" form.

Ref: Tanner, Lindsey. "High Iron Levels May Signal Diabetes Risk," Associated Press, February 10, 2004.

Refined Carbs Cause Colon Cancer

The low-carb craze has hit America and I love it! Why? In part because new evidence shows that *refined* carbs significantly increase your risk of colon cancer — and that's according to the National Cancer Institute!

In a study on 38,451 women at Harvard Medical School, researchers found a diet with a high glycemic index was associated with development of the disease. The index refers to how fast a "food" will raise blood sugar. The study lends further support to high insulin's relationship to the development of cancer.

Foods with a high glycemic index can raise insulin the fastest, in order to control the blood sugar. High blood sugar is a danger, but so is controlling it with insulin, which acts as a growth factor to cells. Science is accepting that high insulin creates fertility for cancer.

Action to take: This problem is totally correctable, depending on your own fortitude. If God did not make it, do not eat it. And limit your intake of high refined carbohydrate foods overall. My metabolic type is very forgiving of carbs. Yet 60 percent of what I eat is vegetables, 20 percent fruit, 10 percent nuts and seeds, and 10 percent other natural foods.

Ref: "Dietary Glycemic Load and Risk of Colorectal Cancer in the Women's Health Study," *Journal of the National Cancer Institute*, vol. 96, no. 3, 229-233, February 4, 2004.

(Continued on page 7)

are dose related. Does it make sense to give the same dose of an NSAID to a football halfback as to a petite ballet dancer? But that's what's going on!

I believe drugs should be considered only as a TEMPORARY measure for almost every condition. If you have a health challenge with symptoms that must be treated, I'm not against judicious use of a synthetic compound. However, demand that your doctor start with a low dose, if not the lowest, and work up if needed.

At the same time, make the necessary lifestyle changes, dietary alterations, detox, and dietary changes you read about in these pages. You will likely find that you won't even need the lowest dose.

More information can be obtained in Dr. Cohen's book *Overdose* or by visiting his website www.medicationsense.com. You can help your doctor help you from becoming a drug casualty!

Ref: Dickey, Fred. *Los Angeles Times Sunday Magazine*, February 15, 2004; *Journal of the American Medical Assn.*, 1998.

Will the Government Really Take Your Supplements?

I told you last November about a bill working its way through the U.S. Senate (S. 722), which, if passed, will undermine your rights to access dietary supplements. Many people don't think the government would take their supplements, but the Food and Drug Administration is trying hard to gain control of this industry — and has been for years. But you can stop it!

When the Dietary Supplement Health and Education Act (DSHEA) law was passed in 1994, it gave the FDA the ability to ban dietary supplements, but it also placed the burden of proof on the FDA to show a supplement was unsafe. Well, now the agency has one unsafe supplement after 10 years — ephedra. And many of your elected officials, most of whom take huge contributions from Big Pharma, see the ephedra story as an excuse to regulate supplements like drugs.

Take Senator Dick Durbin from Illinois for example. He recently entered a diatribe against ephedra into the Congressional record, citing case reports of injury, and claiming malfeasance against one maker of the herb. Now I don't deny some truth to that. But should that be an excuse to condemn a whole industry?

Let's level the playing field. If we use Mr. Durbin's standards, we should be burning many pharmaceutical establishments for fraud, malfeasance, deception, hiding toxicity data, literally buying authors, and covering up their injury reports until they have made billions back before their chemical is recalled. All this information has made the major papers.

Sen. Durbin condemned the fact that there are only a fraction of reviewers of supplements in the supplement arm of the FDA as compared to the drug wing. You don't have to be a fusion scientist to know that petrochemical drugs are exponentially more unsafe than supplements! So thousands more reviewers should be following chemical drugs.

If Sen. Durbin's new bill is passed, it would allow the FDA to remove a supplement from the market if there is "an unreasonable risk." According to Mr. Durbin, an "unreasonable risk does not mean the Food and Drug Administration has to prove the supplement is harmful" in order to ban its sale. In other words, Mr. Durbin wants to give the FDA absolute authority to take your supplements based on the FDA's subjective view of risk, not objective proof! The world would be a safer place if Mr. Durbin applied these standards to the drug cartel, but it will devastate your ability to manage your own health if it's applied to the supplement industry.

Once government gets infected with a new power, it's just about impossible to treat it. It's always better to prevent than to treat whether it's your body or the FDA! I'll let you know when it's time to pull out all the stops to derail SB 722, which I believe is marked to take out your ability to get anything more than RDA potency supplements.

In the meantime, consider contacting your senators and tell them you are vehemently opposed to its passage. I've already contacted Senator Diane Feinstein of California, a co-sponsor of the bill, expressing my views. She responded with an email that she's doing it for my own good. I guess I'm too stupid to have anyone but Big Government take care of me.

To find the contact information for your senators, you can look back at the supplement I sent you last November, or you can go to the website <http://www.metageneics.com/company/politicalaction/> and click on the "Take the Initiative" link. There you will find a link to a letter to your senator already written. All you have to do is follow the directions.

HEALTH NOTES ... continued

Vitamins E and C Reverse Endometriosis

If you or a loved one has endometriosis, there's now evidence that vitamins C and E can reverse the condition within two months!

In a recent study, 46 women were given vitamin E (1,200 IU daily) and vitamin C (100 mg daily) for two months. Thirteen were given a placebo.

Of the vitamin group, 43 percent of these women reported improvement in everyday pain. There was no improvement in the control group. Inflammatory chemicals were lowered in the abdominal cavity of the vitamin takers. This suggests antioxidants directly lower inflammation at the active site.

The quick response (just two months) surprised the research team.

Action to take: Countless thousands of women have lost their reproductive organs due to endometriosis. Nutrients can bring a prompt improvement.

This confirms other medical evidence that antioxidant vitamins can profoundly moderate inflammation (just like they do in your arteries). If you or a loved one has endometriosis, consider vitamins!

Ref: *Family Practice News*, March 14, 2004.

Coming Next Month...

- If you're suffering from memory loss, eliminating this one thing from your diet can restore your mental clarity within weeks. (And it could revitalize your sex life, too.)
- If you have heart or chronic disease, there's now a natural alternative to coumadin that's miraculously saving people's lives. Next month, I'll reveal how you can see the same results.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (9:00 a.m. - 5:00 p.m. PST) for a schedule and rates.

Q: You recently wrote about the effects of using chromium picolinate for diabetes. I just read that this is not good. Why the difference? — *Gregg Foster, via e-mail*

A: Chromium, an essential trace mineral, is effective in diabetes management. It enhances the action of insulin. Picolinate is a naturally occurring amino acid present in huge concentrations in mother's breast milk. It's used as a carrier or chaperone for the chromium.

Fears of chromium picolinate arose from hamster studies. Animals were fed high doses of chromium picolinate and DNA damage occurred. I'm not convinced that these reports are relevant to the dose (200 mcg) used in humans. I've not advised against the use of chromium picolinate. My favorite source of isolated minerals is from the Biotics Corp. (800-231-5777). This company adds minerals to plant cultures and harvests the mineral-rich cells. This can correct specific deficiencies via a more nat-

ural whole food supplement enriched with the desired nutrient.

Q: I have hypertension and I'm on two blood pressure medications (100 mgs of tenormin and 20 mg of lisinopril). I want to get off these drugs and I remember reading about a therapy of fasting for hypertension. I can't find the article now, so could you tell me about the treatment? Have there been any changes or refinements in the technique? — *Steve S., DDS, via e-mail*

A: I wrote about the water fasting therapy in April 2002. It was studied by Alan Goldhammer, DC of Rohnert Park, California (707-586-5555). Dr. Goldhammer has published great success in assisting all who go on his water fasting program to successfully get off their chemicals. I know of no changes to the treatment. In fact, I will elaborate more on the pioneering work of Doug Graham, DC (www.doctor-graham.cc) in a future issue. He's an avowed raw food eater and water fasting practitioner. Doug informs me he has not had a single failure in his attempts to correct hypertension in those who undergo a water fast followed by adopting a raw food vegan diet.

Q: I would like to know if DMSO would interfere with a plastic lens implant for the cornea. I know a number of people who have implants and some have developed a cataract behind the plastic lens cornea. Will DMSO help the cataract behind the plastic cornea? — *Joyce E., via e-mail*

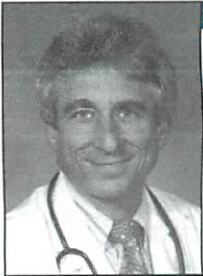
A: Good question and one I cannot answer. I've not had any reports on it or experience. Cataracts are believed to be caused by free radical damage. DMSO and glutathione are free radical scavengers, hence the effectiveness in natural

cataracts, which are caused by free radical damage in the natural lens. Glutathione is the lens' natural free radical scavenger. I don't know the mechanism of cataracts "behind" a plastic lens. Further, DMSO, a natural solvent might not be compatible with the plastic lens. If I learn more, I'll let you know.

Q: Thanks for introducing the LipoFlow formula. When I recently did an Internet search, I found there were two: LipoFlow Forte, and LipoFlow EDTA. I assume you were referring to the EDTA type. But, of what use is the other formula? What do you suggest? — *Fred W., via e-mail*

A: Yes, there is EDTA added to some of the essential phospholipid complexes. However, EDTA doesn't provide the mechanism of action of the product. That comes from a unique formulation of linoleic acid. When linoleic acid is properly delivered to HDL particles, it activates them to scavenge and pull out cholesterol from your arteries. EDTA scavenges heavy metals, a totally different mechanism of protection.

I'm not convinced yet of the value of EDTA added to LipoFlow. One of my mentors, a big name in heavy metal toxicology, has evaluated the amount of lead excreted by the EDTA added to essential phospholipids. He believes the amount is negligible. So if you're looking for some magic for a cholesterol problem, the issue of EDTA is moot. If you are looking for protection from heavy metals, you can consider taking EDTA in the LipoFlow or any number of oral chelation products. My favorite is Essential Daily Defense from www.gordonresearch.com or Farmacopia (800-896-1484). I'm taking it myself.



Dr. Robert Jay Rowen's

SECOND OPINION

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July 2004

Miracles of Medicine

80% of Pain Sufferers Can Make Their Pain Disappear

If you suffer from back pain, osteoarthritis or other lingering pain, I've got some amazing news for you this month. There are two treatments I've spoken about in the past that can resolve 80 percent or more of all pain cases. And, unlike protracted drug therapy or surgery, both are totally safe. (Plus they cost a lot less!)

Before I tell you the treatments, let me tell you about David Finks. David is a *Second Opinion* reader who came to me in May with gastroesophageal reflux (GERD), sleep apnea, and high lumbar back pain. Despite acid blockers and licorice extract, he has been suffering from chronic pain that has forced him to eat to quell the agony. Hence, he gained a lot of weight. The reflux has caused significant damage to the lower esophagus. He has sleep apnea and soon plans to see Seattle dentist, Dr. Farrand Robson. There are some other problems, but for this story, I will concentrate on the pain (and next month on the rest).

Esophageal reflux can be nasty. Continual acid exposure can induce cancer in addition to the pain. David's back pain was in the high lumbar area. This combination made me suspicious of my favorite diagnosis, nervous system interference from a dental problem. David knew he had two root canals, but did not know the location. Using kinesiology, I located two suspect teeth, numbers three and 14. It was very interesting that these teeth are energetically connected to the stomach meridian system and to the T12-L1 vertebral area. His symptoms were making sense,

(Continued on page 2)

Amazing Japanese Discovery Dissolves Blood Clots and Lowers Blood Pressure

If you take Coumadin, suffer from high blood pressure, or fly in airplanes frequently, it's now possible to prevent blood clots and lower your blood pressure with a safe alternative. And best of all, you can get it without a prescription.

Is this a new miracle supplement? See for yourself....

When John came to see me with a right lower leg that had become suddenly painful and swollen, I knew he was in trouble and needed to go to the hospital for immediate testing. On his way out the door, I asked him to take a supplement discovered by the Japanese and to call me when the tests were done.

The next day, John called me to say *the ultrasound* test was negative — I was shocked!

John's leg had returned to normal and he didn't need any further testing or medication.

What happened? How could a man with a life-threatening blood clot in his leg be cured overnight? I mean, I had heard great things about this Japanese enzyme, but there's no way it could produce unheard of results like this. Or could it?

I've told you in the past about a very frequent disorder that's common among an extraordinarily high percentage of chronic diseases — coagulopathy (disorder of blood clotting). According to my mentor, David Berg of Hemex Labs (www.hemex.com), 20 percent (or more) of the European population and its descendants have genetic anomalies (irregularities) that predispose them to a clotting system that fails to turn down or off after its usefulness is over. The result is thick, sticky fibrin (like wisps of cotton candy) that coats the inside of your blood vessels,

Miracles of Medicine... *continued*

especially if these teeth were involved, tying up a source for both seemingly unrelated problems.

I took a small amount of numbing medicine (procaine) and injected the gums around these teeth. This has the effect of temporarily taking the interference out of the nervous system's computer. I wish I kept a movie camera hidden in the wall to record the look of astonishment on those whose lives are changed by the wonders of this technique. I've written about neural therapy many times in *Second Opinion*. David's back pain instantly disappeared and the abdominal pain immediately dropped by 50 percent. Of course, this points to a dental cause for these problems and I referred him to a biological dentist.

If you have unexplained pain, and have scars on your body, dead teeth (root canals), missing teeth, or prior injury, please see a physician skilled in neural therapy (www.neuraltherapy.com). Pain is a chief reason to see a physician. In my experience, both neural therapy diagnosis and treatment and/or prolotherapy, will resolve up to 80 percent of pain syndromes. Nervous system interference *must* be ruled out in all non-traumatic pain cases. Prolotherapy can correct many traumatic injuries and joint pain.

You don't have to suffer from pain and you don't have to take drugs or submit to surgery to get rid of it. Start with these two treatments and you'll likely be done with your pain forever.

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provides safe harbor for microorganisms, and impairs your circulation.

The result is a plethora of chronic conditions — such as arthritis, chronic fatigue, so-called autoimmune diseases, vascular disease, headache, chronic pain, and more!

Your coagulation system has two sides — clot creation and clot dissolution, which must be in perfect balance for optimal health. Without clot creation, you would bleed to death; and with too much, you risk life-threatening blood clots. With too little clot dissolution, you cannot break down the fibrin when the body doesn't need it.

While there are many forces to induce clotting, your body has only one clot-dissolving enzyme, which is called plasmin. Plasmin activity is commonly impaired or insufficient. Obesity induces plasmin-inhibiting proteins, and aging reduces plasmin activity — both are factors that increase risks for abnormal clotting. Lp(a) is a blood protein that blocks plasmin, hence, a high Lp(a) level is not desirable and is a high risk factor for atherosclerosis.

With over 20 percent of the Western population predisposed to coagulopathy, there are a lot of people at long-term risk. It's a ticking time bomb for some, but fortunately, not everyone with the disorder will get a chronic disease.

When John came to see me, his blood was clotting in his leg, creating a very dangerous situation. In the Dark Ages, doctors would give someone in John's position a leech to put on his leg. It sounds ludicrous, but science has proven that the leech does have remarkable medical properties. Its saliva contains proteins that strongly inhibit plasma-clotting factors and the stickiness of platelets. In fact, medical leech therapy has allowed doctors to reattach severed body parts where clotting in the tiniest of blood vessels would wipe out any chance of reattachment.

Today, though, you don't have to go jump in a fresh water pond in hopes of finding a nasty leech to attach to your body.

No, today, all you have to do is buy a bottle of nattokinase.

Japanese legend attributes the discovery of natto to the famous warrior Yoshiie Minamoto from the Heian era of Japanese history (794-1192 AD).

Horses were extremely important to the warriors and great efforts were made for their care. Boiled soybeans would be cooled down and dried in the sun to later be fed to the horses. When the army was on the move, the

undried beans would be packed in rice straw bags contaminated by the harmless *Bacteria subtilis*, which fermented the boiled soybeans into a sticky goo. The warriors believed the beans had spoiled, but Minamoto observed that his horses, which were “picky eaters,” showed a preference for the “spoiled” soybeans.

One day, Minamoto dipped his finger into the seemingly “rotten goo.” To his astonishment, the fermented soybeans, natto, were not only edible, but had a distinct Umami flavor. Minamoto introduced natto to northwestern Japan where he ruled. Natto is especially popular even today in that region of Japan and is a folk remedy for fatigue, beriberi, dysentery, and heart and vascular diseases.

Long searching for natural agents that could dissolve blood clots, Dr. Hiroyuki Sumi, a researcher in physiological chemistry at Chicago University Medical School, extracted an enzyme from the fermented soy in 1980. He evaluated over 173 natural foods for their clot-dissolving power. He observed that when one drop of natto was placed on an artificial clot (thrombus), the clot rapidly and completely dissolved within 18 hours. He named the active agent (an enzyme) nattokinase, and commented that it showed “*a potency matched by no other enzyme.*”

Soy is known to contain lots of enzymes, but it is the specific fermentation of boiled soybeans by *Bacillus natto* that produces this particular enzyme. For the Western nostril and palate, the product might be described as “stinky.” But for the Japanese, the cheese-like end product is quite popular. I have ordered it at Japanese restaurants, and while enjoying it, I openly admit that it takes a special appreciation to eat natto. Fortunately, you don’t have to eat stinky soybeans to get the benefit. The active enzyme is easily extracted from the goo and put into supplement form.

Just how well does nattokinase work? Dr. Sumi and his colleagues induced blood clots in male dogs and divided them into treatment (four capsules orally of nattokinase, 250 mg each) or placebo groups. Arteriograms showed the treated animals regained normal circulation only *five* hours after treatment, while the control animals were still clotted 18 hours later!

Similar findings have been found repeatedly in other animal studies. In humans, oral administration of natto (200 mg or six ounces of the raw food) has been found to cut the time needed in half for the plasma of human volunteers to dissolve a clot. Boiled unfermented soybeans

HEALTH NOTES

Reverse Eczema and Asthma With Fat

If you have eczema, you know how disturbing this problem can be: dry cracked or thickened skin and the most difficult skin sensation to control — itching. But there’s great news: Taking a simple fatty acid can control, if not completely reverse your problem.

Medical doctors usually treat the symptoms — inflammation and itching — by suppressing both with drugs, such as topical steroids. These are not without risk. They can promote candida, infection, and permanently thin your skin via damage to underlying connective tissue. Recent studies strongly suggest that a dietary deficiency of or a metabolic defect in certain essential fatty acids (EFA) play a pivotal role.

Linoleic acid is an omega-6 EFA. Your body must metabolize it into more mature fatty acids, which modulate the immune system and reduce inflammation. Several studies have demonstrated that children who develop eczema have lower levels of GLA, which is made from LA. GLA is converted to a wonderful array of prostaglandins, hormones that reduce inflammation.

However, many people have a slow enzyme converting LA to GLA. Studies show that newborns with lower levels of GLA-like compounds in their umbilical cord, or born of mothers with lower levels of these compounds in their breast milk, have a higher risk of developing eczema.

Action to take: If you suffer from eczema (or asthma — which is also caused by this same problem), I suggest you try eating foods high in GLA. It’s found in nature in borage oil and evening primrose oil. Consider taking capsules of GLA from either of these two products. You can buy both of these at any health food store and in many grocery stores. Taking two, twice daily may help reduce the symptoms of inflammation in your skin, as well as your

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HEALTH NOTES ... continued

lungs and other parts of your body.

Ref: *American Journal of Clinical Nutrition*, vol. 77, no. 4, 943-951, April 2003.

Coming Help for Skin Cancer Prevention

A new topical cream developed for an unusual disease called xeroderma pigmentosum (XP) also can be used to treat skin cancer.

In a study on XP, which is an inherited disease where the afflicted have skin that can blister in minutes from sun exposure, researchers found that topical application of a bacterial enzyme that helps to repair damaged DNA dramatically reduced damage. UV rays damage DNA causing mutations. Normal cells do have enzymes to repair DNA and the skin can repair half of sun damaged DNA in about 24 hours with another 24 hours needed to clean up most of the rest.

However, no system is perfect and, over time, damage slowly but surely builds up as normal repair mechanisms miss a damaged site. The enzyme, "T4 endonuclease V" was formulated into a cream containing "liposomes" for absorption, and is called Dimericine. Apparently, it does not penetrate beneath the epidermis, sparing the body of side effects.

XP patients have an incurable gene defect that leaves them unable to repair most UV damage. In the study, 30 XP patients applied either Dimericine or a dummy lotion to their face and hands daily for a year. Dimericine users had a 30 percent reduction in basal cell carcinoma, and

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were found to have no effect at all.

Just how powerful is nattokinase's clot-busting properties? In the lab, it is at least as powerful, if not more so, in dissolving clots than extremely expensive and dangerous intravenous pharmaceuticals like urokinase, streptokinase, and genetically engineered tPA (tissue plasminogen activator, a crucial enzyme that activates the plasmin that's relatively deficient in many).

But there's more to natto's power. The single wispy strands of fibrin (like wisps of cotton candy) may cross-link to form a mature and stable clot, resulting in a deep venous thrombosis or even a pulmonary embolus. These clots are very difficult for the body to remove.

Nattokinase has the remarkable power to dissolve fibrin that's already cross-linked into a stable mature clot, as well as uncross-linked fibrin. It also prevents your own plasmin from being inhibited by other factors.

It has a prolonged effect, continuing to work eight to 12 hours after a dose, preventing thrombus formation and dissolving existing thrombus. Scouring the vascular system of unneeded fibrin, it can improve the microcirculation, where all nutrients and oxygen are exchanged. There are no known contraindications. Unlike coumadin (blood thinning rat poison), it's operating only on the clot-dissolving side. Coumadin thins the blood of clotting enzymes, reducing clot formation, and takes days to reverse.

One warning: If you are currently using coumadin, nattokinase may normalize your blood clotting activity, which may cause the drug to induce dangerous blood thinning and bleeding. So if you're using coumadin or any other blood thinner and wish to try nattokinase, you should work carefully with your integrative physician.

There are millions of Americans on coumadin, many whom loath the thought of taking rat poison, knowing they could fall and bleed to death. Coumadin has a narrow window of safety (too much and you could bleed to death, too little and it's worthless). Nattokinase has no known *window*, has a completely safe track record, and could be a boon for those who want to get off coumadin, while minimizing the risk of throwing a clot. One or two nattokinase daily may offer great prevention.

Natto also lowers blood pressure in both animals and humans. In humans, the equivalent of six ounces of natto eaten for four consecutive days in hypertensive volunteers caused a significant drop of blood pressure. It dropped their systolic blood pressure from 173 to 154 (an

average 19 point drop) and caused a 10 point average diastolic fall from 101 to 91.

Microvascular disease can lead to dementia and diabetes complications. Hemorrhoids are thrombosed veins. There are some 600,000 complications of deep venous thrombosis after surgeries on the hip or knees, or where prolonged bed rest is indicated. Long-term intravenous catheters lead to thrombosis. The prevention of surgical complications and severe morbidity alone should dictate mass use of nattokinase in all hospitals as a routine measure.

And even if you never need surgery, you are likely to travel by airplane. Flying 5,000 miles or 12 hours without adequate movement increases the risk of developing a deep venous thrombosis (leg clot) from 1 in 200,000 to 1 in 1,000. (The risks are much higher, actually — four to seven percent of people on long haul flights exhibit blood clots, most of which cause no symptoms.) And the risk stays up for several days — the clot could appear three to four days after flying! Enzyme therapy could be a magical prevention. Simply take one nattokinase before the flight, one at landing, and one daily for three days.

But is this “stinky soy” really that effective? Yes! In fact, nattokinase is far superior in a test tube to the genetically engineered clot busters at dissolving clots. The latter are administered intravenously and can dissolve a thrombus in four hours. However, the IV preparations are effective only if the victim (from thrombotic stroke, venous thrombosis, etc.) arrives at the hospital within a few hours. Past that, the window of effectiveness is lost.

Oral enzymes, on the other hand, can take up to four days, but they can be taken immediately. Although they *take several days to completely* dissolve the clot, even partial dissolution, which will begin upon administration, may be enough to get sufficient circulation to the damaged site to prevent cell death.

I have some cautions when using fibrin-dissolving enzymes. When blood clots begin to dissolve, any infectious organisms trapped in the muck may come free. The freed bugs can reactivate the coagulation system, making you worse. So if you have a chronic illness, it may be important for you to start with heparin first. Heparin prevents the abnormal activation side of the clotting mechanism.

Also, fibrin-busting enzymes are relatively new on the market. We know the FDA is always looking for excuses to wipe out the supplement industry. It's *theoretically* possible that you could bleed excessively if you suffer a trau-

HEALTH NOTES ... continued

a dramatic 68 percent reduction in precancerous actinic keratoses. The cream's developer believes it will pave the way for prevention of most skin cancers and is testing the cream on patients who have had documented skin cancers (these patients are at high risk for developing more) to test its effectiveness at preventing further solar induced cancers.

Some 1.3 million Americans will be diagnosed with basal or squamous cell carcinoma this year, the most common skin cancers and the ones easily cut away if caught early, according to the American Cancer Society. Thousands more will have removed sun-induced lesions called actinic keratoses. These require removal because of high risk of turning into squamous cell cancer.

This is the type of medical advance that I love. It is using a biologic substance to do what it was intended to do. That's not a license to fry your skin, though, as there's no guarantee it'll work every time. The best treatment for skin cancer is and always will be prevention. But this cream holds out promise to make your own body's repair mechanism more complete and reduce the sun's damage to DNA. I do not expect it to be useful in the prevention of melanoma, the most deadly of the skin cancers, since most cases do not appear to have sunburn as a factor. This product isn't available yet, but I will keep you posted on developments of this wonderful advance.

Great News for Prostate Cancer Prevention

The prestigious *Journal of the National Cancer Institute* has just reported that you can protect yourself from prostate cancer by taking selenium. This corroborates previous studies.

In this study, 586 men with prostate cancer from the Physician's Health Study had blood samples taken in 1982 and followed for 13 years, compared to a control group of 577 men without the cancer. Pre-

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HEALTH NOTES ... continued

diagnostic selenium levels were associated inversely with the later development of advanced prostate cancer. In other words, the less selenium in the blood, the greater the risk of cancer — about 50 percent greater in those with the lowest selenium. The greatest benefit was seen in men with higher PSA levels. High PSA does not always mean cancer, as I have previously reported.

Action to take: I believe that PSA testing has not been proven to do anything but cause worry and lead to invasive biopsies. I've elected to not have mine tested. What would I do anyway? Submit to biopsy with a high risk of missing it, or perhaps creating a tract for it to spread faster?

Instead, I focus on prevention. I recommend 200 mg of selenium every day, which is the amount contained in Max Plus (800-728-2288).

Ref: *J Natl Cancer Inst.*, 2004 May 5;96(9):696-703.

Suffering From Back Pain? Avoid This Sham!

For a few decades, epidural steroid injections for chronic back pain have flourished as a popular "treatment" for back pain. But now there's evidence the so-called treatment is a sham!

The therapy involves injecting cortisone-like compounds into the nerve plexus around the affected area. I find it interesting that this invasive modality was never put to the test (like bypass or HRT) before gaining wide acceptance.

The new evidence comes from a study out of Canada's McGill University. The researchers ran 50 consecutive patients with lumbar spine pain in a randomized, double-blind controlled study (the "gold standard"). Control subjects received only a local anesthetic and the treatment group got the steroids. All of the patients were treated by the same radiologist who did not know what he was injecting. At the end of the study, there was no significant difference between the groups.

Folks, all you have to do is wait a while

(Continued on page 7)

matic injury while taking too many enzymes, or if you are on other forms of anticoagulation. So I prefer to err on the side of caution. In the absence of clear active clotting indications (where I might recommend two or more daily), I currently recommend one nattokinase, twice daily.

However, from all apparent reports and experiences, it appears that nattokinase optimizes clot dissolution activity and does not force the body into pathologic clot dissolution, even if more is consumed. Nevertheless, I recommend consulting with your integrative physician.

Amazingly, there is no known oral lethal dose with nattokinase! In other words, nattokinase appears to "optimize" clot dissolution. No studies have found any trouble with nattokinase causing excess clot dissolution, no matter how much is consumed. It's stable in the presence of stomach acid and no enteric coating is required.

Other enzymes that help to dissolve fibrin sludge are lumbrokinase (which I'll tell you more about next month), bromelain (from pineapples), and Wobenzym, a wonderful anti-inflammatory enzyme combination. Bromelain is very inexpensive, but isn't known to be as active specifically for busting up fibrin as nattokinase or lumbrokinase. Serrapeptidase (Serraflazym from Cardiovascular Research) is the enzyme used by silkworms to dissolve their cocoons. It's a safe and very potent anti-inflammatory enzyme, which has fibrin-dissolving properties as well.

Nattokinase was introduced commercially in America by Allergy Research Group and Nutricology (800-545-9960). Lumbrokinase and nattokinase have many sources available on the Internet. They are also available from Farmacopia at 800-896-1484. If you have a high Lp(a) or fibrinogen level, vascular disease, do not bleed easily when cut, or have any chronic inflammatory or painful disorder, you are likely a candidate for this alternative to leech therapy!

Ref: Ying, G., Q. Mingzhao, "Lumbrokinase in Treatment of Patients with Hyperfibrinogenemia of Coronary Atherogenesis Disease." *Capital University of Medical Sciences Report*, 1999; 4 (20); Jin, L., H. Jin, G. Zhang, G. Xu, "Changes in coagulation and tissue plasminogen activator after the treatment of cerebral infarction with lumbrokinase." *Clin Hemorheol Microcirc.*, 2000 23:213-8.

Avoiding Carbs Can Reduce Age-Related Memory Impairment

Scientists have discovered that you can greatly reduce brain injury due to aging simply by eating fewer refined carbohydrates and sugars.

The study looked at the relationship between reduced glucose tolerance (i.e. usually too much insulin), memory and the physical size of the hippocampus (a key brain structure related to memory). The 30 subjects averaged 68 years old and there were slightly more women than men. None of them had mental illness and none were diabetic according to accepted definitions (although I consider all glucose impairment to be part of the spectrum of diabetes).

The researchers found that, "Decreased peripheral glucose regulation was associated with decreased general cognitive performance, memory impairments, and atrophy of the hippocampus, a brain area that is key for learning and memory."

And their final conclusion: "This observation may bring to light a mechanism for aging brain injury that may have substantial medical impact, given the large number of elderly individuals with impaired glucose metabolism."

The case against excess insulin and/or defective blood sugar regulation in degenerative diseases is not only compelling — it is beyond doubt!

If you are overweight, or have any sign of glucose intolerance or insulin excess (easily determined by a triglyceride value greater than 90), you fit into this category. If atrophy (wasting) of the memory structure of your brain is not enough to motivate the American population to exercise more, reduce weight by reducing empty carbohydrate calories, and eat only whole foods (all promoting improved glucose regulation), I do not know what will.

Perhaps the impact of the same on sex life?

Well, we know that higher insulin also atrophies a man's ability. With both ends of the body wasting away from higher insulin, as well as the center (heart disease), I hope the American people, with their epidemic of obesity, will quickly awaken to what they are doing to themselves. Perhaps one day we will see a label on junk food that reads, "Warning! The products in this package are associated with dementia, brain wasting, heart disease, impotence, and cancer." Considering the warnings and disclaimers alternative physicians have to give their patients in order to treat with natural treatments, it would only be fair.

Ref: Convit, A., O.T. Wolf, C. Tarshish, and M.J. de Leon. "Reduced glucose tolerance is associated with poor memory performance and hippocampal atrophy among normal elderly," *Proc Natl Acad Sci*, 2003 February 18;100(4):2019-22; Center for Brain Health, Department of Psychiatry, New York University School of Medicine, New York, NY 10016, USA. antonio.convit@med.nyu.edu.

HEALTH NOTES ... continued

for outcome studies to discover that nearly every allopathic intervention fails. All chemicals do is cover up symptoms. Billions are spent yearly on back pain with a large part of that on this junk treatment. Alternative physicians are continually castigated or rubbed out for using "unproven methods," while orthodoxy continues its assault on our bodies. "Hypocrisy," I say.

Action to take: I've never seen epidural steroids work. On the other hand, I have continually been amazed by two sterling methods: neural therapy and prolotherapy. Prolotherapy is the opposite of steroids. Steroids reduce inflammation and mask pain and actually break down connective tissue. So that even if there was a reduction of pain today, you could expect an increase of pain tomorrow. Prolo creates a local inflammation that encourages a blood supply to come in. This revitalizes cells that repair and lay down collagen and connective tissue, which reconstructs the joint.

Neural therapy, injections of local anesthetics into specific points, can reset the autonomic nervous system. It's also a method for diagnosing interference fields (disruption in the ANS, such as a scar or root canal). Once identified, the problem can be summarily eliminated. If you have back pain, please first see a physician who performs prolo and neural therapy.

Ref: *Family Practice News*, April 15, 2004.

Coming Next Month...

- Treating cancer with chemotherapy and radiation is now more expensive than ever. But the cost of curing cancer with one alternative therapy is dropping fast. I'll tell you why next month — and how you can find it easily.
- You know the venus fly trap as an incredible plant that catches and eats flies. What you don't know is that this plant has amazing health benefits.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (9:00 a.m. - 5:00 p.m. PST) for a schedule and rates.

Q: Your article on the use of alpha lipoic acid and NAC for treating osteoporosis was the most exciting and hopeful information I have read on **alternative therapies** for this condition. I'm 61 years old and have been diagnosed with severe osteoporosis. It's very gratifying to learn about these options since estrogen and Fosamax have been the recommended treatments. You did not mention any dosages in your article. What amounts would you recommend? — Pamela Gover, via e-mail

A: Thank you for your kind compliments. I was ecstatic at reading the source article myself. I generally use NAC at 500 mg, three times daily; ALA at 100 mg, three times daily or 300 mg, once daily of the sustained release; and vitamin C at 4,000-6,000 mg daily. If you take Imuplus, which I mentioned in the article, the dosage is one to two packets daily.

Q: My wife is a grand mal epileptic and takes 500 mg of

tegretol two times per day for seizure control. The doctor has asked her to reduce her cholesterol, but has not yet asked her to take one of the statin drugs. Can she safely take Healthy Resolve's Advanced Cholesterol Formula? She worries about interaction with her seizure medications. I would also like your opinion about adding niacin to help raise the HDL level. — Bill Crosby, via e-mail

A: I know of no interaction between the ingredients in Advanced Cholesterol Formula and seizure drugs. On the other hand, I would be concerned about statins. Their mechanism of action blocks the enzyme that makes cholesterol in the liver. However, that enzyme also manufactures CoQ10. CoQ10 is critical for energy production in every cell, including the brain. It is part of my regimen for reducing the risk of seizures in prone individuals.

Exercise, policosanol, and niacin have been reported to raise HDL. Niacin can cause a flush and, in some people, it can be a liver irritant, so liver enzymes should be monitored. While there may be some therapeutic advantage to the flush as far as a detox effect, my favorite form is inositol hexanicotinate, which appears to be a safe non-flushing form of niacin. I usually recommend beginning with 100 mg daily and gradually increase to what is considered the therapeutic dose of 1,000-1,500 mg daily. Niacin has been reported to increase HDL levels as much as 25 percent.

Diabetics should be wary of niacin use, as the vitamin can make glucose tolerance worse.

Q: I have Paget's disease and Fosamax has been prescribed for me. You said many times that Fosamax is not good. Should I stop taking it? — Bill Grady, via e-mail

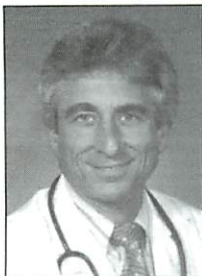
A: I don't like Fosamax for the treatment of osteoporosis, but it might be your best option if you suffer from severe Paget's. One of its actions is to kill cells called osteoclasts. These cells remodel bone by removing old brittle mineral deposits to make way for fresh new bone deposits made by osteoblasts. Hence, not removing the old bone may make the bone more dense, but it is not the kind of bone I would like to have (brittle).

Dense bones may help prevent compression fractures in the vertebrae, where flexibility is not so important and density is, but at the hip and long bones, you can be sure flexibility counts a lot! (Think of the flexibility of a stick of wood versus a piece of glass the same size.)

Paget's disease is a chronic metabolic bone disorder. Cells in the bone responsible for remodeling the bone go haywire. The bone becomes larger, but irregular and weaker. Symptoms may be minimal (in mild cases) to severe with fractures.

Since it's the bone resorbing cells that have gone haywire, Paget's is one of the few conditions where biphosphonate drugs make any sense to me. (Fosamax is in this group.) But I wouldn't take these drugs unless you've tried other options with little success.

If your condition is mild, I would first start with strontium. Strontium is a mineral heavier than calcium that deposits in bone like calcium, yet is more resistant to removal by the osteoclasts. While it has great effectiveness in osteoporosis, I have not seen any studies on whether it is effective in your condition, but I suspect it will be highly useful. Strontium Support is what I recommend. You can buy it from Farmacopia (800-896-1484), Tahoma Clinic (888-893-6878), and Advanced Orthomolecular Research (800-387-0177).



Dr. Robert Jay Rowen's

SECOND OPINION

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Miracles of Medicine

Your "Hopeless" Pain Can Be Resolved Permanently

This month's miracle of medicine is a follow-up story on a case I told you about last year. You'll see how effectively alternative medicine can relieve pain — even in "hopeless" situations.

Do you remember Carol Linden? She's the 64-year-old woman who broke both ankles stepping off a bus and traveled all the way from Kauai to see me after reading *Second Opinion*.

When I first saw Carol, she came into my office in a wheelchair. And she was an invalid due to severe pain in both ankles and feet from the fractures and subsequent surgeries. Her doctors labeled it reflex sympathetic dystrophy, one of the most difficult conditions for standard medicine. They had given up on her. I treated her with neural therapy to eliminate "interference" fields in the injured tissues. Neural therapy involves the use of local anesthetics in the troubled area to help jumpstart troubled nerves.

Several weeks ago, I saw Carol and she danced into the room scarcely using her cane. She's been working out at her local gym every day. And this was a woman who could barely even stand up just months ago.

Neural therapy can be a very effective treatment, often giving instant results!

If you have pain, and have had surgery, injuries, root canals, extracted teeth, or have dead teeth, your body could develop interference fields that derange your nervous system. You can find a complementary/integrative physician who can help by visiting www.neuraltherapy.com.

You Can Have Strong Bones Without Fosamax or Estrogen!

A semi-obscure study has discovered that you can strengthen your bones and avoid osteoporosis without the use of conventional medicine's two osteoporosis darlings — Fosamax and estrogen.

Better yet, you can do it without the expense of doctor-administered therapies or unwanted side effects!

And the news gets even better — whether you're male or female, you can also give yourself better overall health with this same treatment. It's perfectly safe and desirable for everyone!

You know that I've warned about the dangers of estrogen for years. This year, at last, estrogen has struck out completely. It's been shown to expose users to greater risks of cancer and even heart disease.

It appears that estrogen therapy is good for ... well ... nothing! After decades of profiteering, lies, and gross negligence by doctors and industry, the truth has finally come out.

As an astute reader of this publication, you already know that the bone is a place of constant remodeling. It continually adjusts to and repairs micro trauma from mechanical stresses. Healthy bone needs both old bone resorption and new bone creation.

You also know that osteoclasts, cells that resorb old bone, become more active in menopausal-associated osteoporosis. Osteoblasts, on the other hand, are cells that lay down new bone. Biphosphonate drugs, like Fosamax, may exert their action by killing off osteoclasts. Hence, your bones resorb less old bone. But the remaining bone, while denser, may be brittle and weak (not enough osteoblasts). Excess osteoclast activity resorbs bone faster

HEALTH NOTES

When Your Surgeon Says “We Got It All” — Don’t Believe Him!

If you’re challenged with cancer and, after surgery, your doctor tells you you’re cancer free, this is important news for you. New evidence shows you probably have cancer cells in other places that simply haven’t grown.

For a long time, doctors thought patients who developed cancer after a transplant did so because of the immune-suppressing drugs. But a startling finding suggests these cancers are from the donor organ! In the study, tests on female kidney recipients who later developed Kaposi’s sarcoma, a type of skin cancer, found that the DNA of the cancers contained Y chromosome material. Y chromosomes are from males and would indicate the cancer came from male donor cells. Melanoma has been transmitted the same way.

Now how could a kidney transplant carry skin cancer cells to the recipient?

When cancer goes into remission, it will often return at distant sites, many years later. So we know cancer cells migrate out from the primary site and seed other organs at a very early stage. Hence, in organ donors, their organs may be seeded with cancer cells, long before they know they have a cancer. In the recipient, who must take immune suppressive drugs to

(Continued on page 3)

than it can be created. Remember, the key word is excess. You must have balanced bone resorption and creation for healthy bones. Fosamax creates an unbalanced environment, which means you can’t have healthy bones.

I doubt the drug manufacturers will take heed the fantastic study I’m about to reveal here. There’s no profit in it for them. Yet herein might be the clues and answers for you to further manage the age-old problem of estrogen-deficiency bone loss, and take control back from the corrupt sickness industry!

How estrogen protects bones is uncertain, but a team from London reveals at least one reason and a simple method of counteracting the problem. The group of researchers found that the levels of two major sulfur-bearing antioxidants, glutathione (one of my favorite nutrients) and thioredoxin, fell dramatically in rats after their ovaries were removed (oophorectomy).

Additionally, glutathione and thioredoxin reductases, the enzymes responsible for regenerating these specific antioxidants, also fell sharply. However, levels of the regenerating enzymes and the antioxidants themselves all rapidly returned to normal with administration of estrogen.

But, more importantly, the researchers looked at an alternative to estrogen to stop the bone loss. They administered nutritional precursors of glutathione and found that these abolished the bone loss from oophorectomy.

To prove the glutathione link to bone loss, they also administered a specific inhibitor of glutathione synthesis (totally unrelated to hormones), which induced substantial bone loss.

Then they finished up their report by looking at osteoclast-like cells in the lab that were fed N-acetylcysteine (NAC — a nutritional supplement which raises glutathione levels). They found NAC blocks the ability to manufacture specific cytokines (white blood-cell hormones) that stimulate bone loss and also prevent the overproduction of osteoclasts.

The conclusions from this brilliant study are that estrogen, at least in great part, prevents bone loss by stimulating formation of active sulfur-based antioxidants in bone osteoclasts. Adequate levels of these special antioxidants inhibit osteoclast production and overactivity, but doesn’t harm them, like chemical drugs might. In fact, the nutrients exerted the same bone-sparing effect of estrogen, even in animals whose ovaries had been totally removed.

The nutrients just keep osteoclast function in proper

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balance, and evidently through the same mechanism as estrogen. When estrogen is withdrawn, osteoclasts spin out of balance because the body loses its ability to manufacture these specific protective antioxidants in these cells. This provides you with a fantastic opportunity to nutritionally restore balance in these important cells without using drugs or hormones!

I've added this regimen (NAC, alpha lipoic acid, and additional vitamin C) to my osteoporosis patients. You may consider the same. I've never seen any undesired reaction to this combination of nutrients.

Un-denatured whey protein can raise your glutathione levels as well. This product is available at most health food stores and provides ample amounts of the critical amino acid precursors necessary for glutathione production. My favorite is a brand called Imuplus (one packet daily) and is available from Farmacopia at 800-896-1484.

Ref: *Journal of Clinical Investigation*, September 2003.

You Can Control Cholesterol Without Drugs

Judging from all the mail I receive about controlling cholesterol, you have some real concerns about how to manage it. Well, believe it or not, the *Journal of the American Medical Association* has shown that you can control cholesterol without prescription drugs. Amazingly, this journal published this data even in the face of a barrage of statin-drug hype.

According to JAMA, a small study funded by almond manufacturers involved 46 men and women with high cholesterol. They were divided into three groups for one month and each group was given one of the following:

- (1) a diet very low in saturated fat, based on milled whole-wheat cereals and low-fat dairy foods
- (2) the same diet plus lovastatin, 20 mg per day
- (3) a diet high in plant sterols, soy protein, viscous (plant) fibers, and almonds (averaging one ounce per day).

Now get this — the low-fat vegetarian group (3) had a drop in LDL (bad) cholesterol about equivalent to the low-fat statin (2) group (28.5 percent vs. 30.9 percent receptively). The low-fat-only group (1) saw their cholesterol drop by only eight percent.

HEALTH NOTES ... continued

prevent organ rejection, the cancer cells have a huge edge on the immune system.

Action to take: For years, we've heard doctors say to cancer patients, "we got it all." Only several months later, the same patient lies dying of the disease. I'm not a fan of one-stop cancer treatment (surgery) for this very reason. Cancer is a systemic (covers the whole body) and life-time disease, and must be treated as such. That's not to say that a cancer patient has to die of the same illness. In fact, I know the opposite is true. But now that you know cancer seedlings may be undetected, but living anywhere in your body, you might consider visiting an integrative physician for systemic support. I feel the most advanced physicians for cancer will be those found on the website www.iptq.org.

Ref: Associated Press, "Organ Transplants May Carry Cancer Danger," April 7, 2003.

Are You Getting Too Much Vitamin D?

It's not likely, but it's possible. In fact, most people are severely deficient in vitamin D. But new research warns that blood levels that are too high can increase your risk of prostate cancer.

In a study on 200,000 banked blood samples of Nordic men, researchers found that the lowest risk of prostate cancer was found with blood levels of 25(OH) vitamin D between 40-60nmol/l. Above 80 and the curve starts going up. The researchers believe this is because extremely high levels may actually deactivate the vitamin within the prostate. Cell division, a prerequisite for cancer, is slowed by adequate levels of D.

In the tropics on a sunny day, you would receive about 10,000 units a day of D from sun exposure. I believe that to be on par with human needs. The RDA of D is embarrassingly low — at 400 IU per day. I'm sure it will be raised soon to 2,000-4,000 IU/day. I routinely recommend Carlson's cod liver oil, one tablespoon (about 1,500 IU) daily. Normal activity in

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HEALTH NOTES ... continued

full sun will give you more than seven times that amount. Two tablespoons might be valuable if you have osteoporosis.

Action to take: Vitamin D (cholecalciferol) ought to be a routine screen. If your levels are lower than 40, consider supplementing with cod liver oil, unless you can guarantee significant sun exposure. For most Americans in mid to upper latitudes, this is impossible in the winter months. The sun is too low in the sky for five months a year to make any D at all in Boston. I'm not concerned about too much vitamin D unless you live in southern coastal states (including Southern California) and are outside a good bit. If that describes you, then you may not need any supplementation unless you have osteoporosis.

Ref: *Int J Cancer*; January 1, 2004; 108(1): 104-8.

Extend Your Life With One Simple Step

Extending your life is simple and it doesn't involve growth hormone or expensive supplements. It is as simple as, well, *how much you're eating!*

Scientists have found evidence that the same mechanisms leading to a 40 percent increase in life span of laboratory animals also apply to humans. The biological markers — lower temperature, lower insulin levels, and a steady level of a steroid hormone called DHEAS — all occur in calorie-restricted rodents.

These animals live about 40 percent longer than fellow rodents on a normal diet, said George S. Roth, at the National

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books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

You have read in these pages about the dangerous C-reactive protein. The low-fat vegetarian diet (3) group's CRP dropped 28 percent compared to the group with lovastatin's drop of 33 percent, and the low-fat-only group (1) had its CRP drop only eight percent. "There were no significant differences in efficacy between the statin and dietary portfolio treatments," stated the authors.

The results did not surprise me. What does is that *JAMA* published the article. Do you realize this is an admission that expensive and dangerous statins can be replaced by diet alone? You can be sure you will not hear much about this, however, since it drives a stake into the heart of the drug-pushing cartel.

I've followed the experimental (3) group's diet for many years, and my results speak for themselves. My cholesterol ranges from 155-190, HDL 50, LDL 70, negative CRP, and blood pressure of 105/70 or less.

Sponsors of this study included almond growers. I'm delighted the agricultural industry is showing its products to be at least equivalent, medically, to petrochemical pharmaceuticals.

Almonds are a fabulous source of essential fatty acids, fiber, and phytochemicals. I suggest you buy them raw and soak them overnight in a jar of water before eating them raw. This "awakens" them, liberating vitamins, minerals, enzymes, and making them easier to digest.

This study should be an impetus for change in many of you. The low saturated-fat diet should go the way of the dinosaur. Even with added lovastatin, the combination was equaled by the diet high in plant compounds. I believe if the diet were vegan, stressing raw foods, we would have seen even more striking results. I'll bring you stunning information on a raw, living-food diet in the near future. Most people will likely see dramatic improvements in health and lipids by adopting such a diet.

There's a real deficiency of living vegetable source foods in the American diet for all metabolic types. As good as the policosanol-based formulas are (such as Healthy Resolve's Advanced Cholesterol Formula), I always recommend a similar dietary change first! A healthy, fresh, organic vegetable-based diet should always come before supplements or chemicals (drugs). If you're as concerned about abnormal cholesterol metabolism and CRP as I am, you might consider increasing your intake of raw living plant foods to the exclusion of processed

foods. You may not need supplements to accomplish lowering either level! And your arteries will thank you.

Ref: "Diet May Hit Cholesterol As Well As Drugs," *J Amer Med Assoc*, July 21, 2003.

New Star Trek-Like Diagnostic Tool Could Prevent Unnecessary Surgeries

In the TV show *Star Trek*, Dr. McCoy ran a device he called a "tricorder" over his patients to diagnose disease by reading their energy. Now a company has developed a machine that may save you the horror of needless surgeries — by reading your breath.

I'm sure you've noticed distinct odors in the breath of ill people you've encountered. Science knows that every exhalation has hundreds of different volatile chemicals (organic chemicals with a low boiling point, such as gasoline). With today's technology, measuring these specific chemicals in parts per trillion is now possible.

The tricky part is not the analysis, but in collecting air from deep down in your air sacs where the chemicals come out of the blood. Air above the lungs is called dead space, and there's no exchange of chemicals in this area. The collection procedure is designed to literally "take your breath away," by sucking air right out from your lungs. Carbon particles then absorb the chemicals (like activated charcoal does when swallowed to absorb ingested poisons). The carbon is then sent for analysis. Nobel Laureate Linus Pauling developed the process in the '70s. A chemist, he utilized gas chromatography to make a "fingerprint" of chemicals in a person's breath.

"Different illnesses produce different chemical fingerprints in the body, and we have discovered how to detect these in a person's breath," said Professor Michael Phillips of New York Medical College. "It is an ideal, non-invasive way to find out what is going on inside a patient."

Mensanna Research, Inc. has developed the technology and is hitting a home run. Already the test has been approved by the FDA for diagnosing rejection in heart transplant patients. Inflammation creates different chemicals. Rejection is one such inflammatory process. It's likely that rejection of other organs will produce their own specific signatures. That will help doctors pick up a

HEALTH NOTES ... continued

Institute on Aging. The same biological markers have now been found in men who are living longest in a continuing study in Baltimore on aging. Preliminary conclusions on identical mechanisms have been drawn in a decade's old ongoing study on calorie restriction on Rhesus monkeys and in long-lived humans.

The on-going study on Rhesus monkeys may take another 10 years to cast aside all doubts as to the relevance of rodent studies to primate longevity. These studies are not undertaken to evaluate longevity (how long an animal will live), but to evaluate extension of species maximum life span. Humans live an average of 75 years with maximum life span estimated at 120. The question is "can this number (120) be increased?" I think it can!

Action to take: I don't recommend that you plan to wait until the monkey study is complete to take advantage of this knowledge. Aside from maintaining DHEA, a most important anti-aging hormone for the immune system, bones, sexual functioning, and more, calorie restriction reduces levels of insulin, the aging hormone. Immediate elimination of all refined carbs for everyone is a great first step in this direction. Fill your stomach primarily with raw fruit and veggies at mealtime, and always leave the table a little hungry.

Ref: Associated Press, August 1, 2003.

Is Fruit Bad for You?

What if I told you eating one piece of fruit a day could give you a debilitating and deadly disease? Would you believe me?

Well, that's what researchers out of the University of Hawaii are trying to tell us — and I don't believe them!

The researchers followed more than 8,000 subjects over 34 years as part of an ongoing heart disease project. The findings disclosed that those who, at least once a day, ate fruit or consumed a fruit drink, were twice as likely to get Parkinson's disease.

I must admit, when I read this report,

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HEALTH NOTES ... continued

I looked at my hands for tremors and got up immediately to check myself for Parkinson's rigidity. With as much fruit as my wife and I eat, we should be pieces of concrete, if this story is plausible.

The headlines you might have heard miss the meat of the story. The research included frozen fruit juice and even canned "fruit drinks" like Hawaiian Punch. Frozen juice is processed and may have added sugar and chemicals. And canned juice "drinks" like punch? My kids were reading the list of synthetic chemicals these products are made of when they were only five.

In the study, authors admitted the increase of Parkinson's disease could possibly be linked to pesticides and herbicides on the fruit, since they did not control for that.

Action to Take: Folks, this is a great example of terrible science. Whole, fresh, organic fruit does not cause Parkinson's. It's made by God to feed your body, which is also made by God. Synthetic canned, or processed frozen juices are not, and neither are the chemicals sprayed on our produce (which are clearly linked to neurological disease). I'm not a big fan of juices, even fresh, for the average person. When the juice is separated from the pulp, it allows for a surge of sugars into the bloodstream and a spike of insulin (the aging hormone). Perhaps that's why God gave us fruits from trees to eat, and not juice flowing in our streams to drink.

Ref: The American Academy of Neurology Annual Meeting, Honolulu, HI, April 3, 2003; *Journal Clinical Toxicology*, 2003;41(1):67-70; *American Journal Epidemiology*, March 1, 2003;157(5):409-14.

Commonly Used Drugs Cause Cancer

You already know the relationship between hormone replacement therapy and cancer. Now there's evidence a drug just about every American takes also causes cancer. That's right!

You already know my disdain for a pro-

(Continued on page 7)

rejection without the use of dangerous biopsies (like of the heart). Rejection may be picked up long before it is clinically apparent. Increasing anti-rejection drugs at the start of rejection might spare organs and the patient's life.

Now for the really good news. Cancer also carries its own chemical signatures of inflammation. Compounds called alkylmethanes are produced all the time by "normal" oxidative stresses (free radical processes) in your body. However, in cancer, oxidative stress rises, and increased chemicals are made and eliminated through the breath.

Dr. Phillips recently published a study demonstrating that the breath test can identify women with breast cancer more accurately than screening mammograms! In his study, 201 women had breath samples collected and there were 198 biopsies. The breath test differentiated between healthy women and those with breast cancer with 94 percent accuracy. In women with breast cancer and negative mammograms, it picked up 62 percent of those who had cancer, falsely identifying cancer in only 18 percent. A negative breath test was superior to a negative mammogram in excluding breast cancer.

Since the breath test would be expected to be negative in 7,356 of 10,000 women over 60 years old, it could eliminate the painful procedure in over 70 percent of all cases. The NIH provided financial support for this valuable study, which must be verified in larger clinical trials to be accepted by the FDA. In lung cancer, the journal *Chest* reported the breath test predicted lung cancer 85 percent of the time. The FDA approved a breath test for nitric oxide last summer as a diagnostic tool for asthma.

I'm jazzed about technology that can spare you the knife or pain and radiation (as in mammograms). Perhaps your exhaust of chemicals will serve as a warning to the increased risk of cancer, allowing you to head it off at the pass. I'll keep you informed of this developing breakthrough. More information can be obtained from Menssana, Inc.'s website at www.menssanaresearch.com. I do think the day is coming when we'll be able to diagnose via reading the body's energy emissions. Dr. McCoy, we're headed your way!

Ref: McKie, Robin. *The Observer*, December 21, 2003; *Chest*, June 2003.

Protect Yourself From Alzheimer's With a Hormone I Do Like

I bash hormones pretty hard in this newsletter because most of them are used incorrectly. One of my favorite hormones, though, is testosterone, the "male" hormone. And now, there's evidence it may protect against Alzheimer's.

Yes, you heard that right! In addition to protecting against osteoporosis, vascular disease, loss of muscle and more, it appears to strongly protect your brain.

One ongoing study on 574 men in Baltimore has found that low levels of "free" testosterone are associated with a higher risk of Alzheimer's. A "free" hormone is one not tied up to blood proteins and is available for action at the target organ.

An Italian study found that sex hormone binding globulin (SHBG) was significantly elevated in men and women with Alzheimer's disease, but total testosterone was normal. SHBG is the hormone that ties up testosterone, preventing it from its beneficial action. An unwary doctor might measure your total testosterone, find it is in the healthy range, but miss the fact that in your case little of it is "free" or unbound. You would be at risk for Alzheimer's and more.

Action to take: Older men suffer from declines in hormones just as women do. I believe testosterone to be a far safer and needed hormone, in general, than estrogen. I routinely measure both total and "free" testosterone in males with sexual dysfunction, diabetes, and any degenerative or circulatory disease.

The herb *Urtica dioica* (stinging nettles) in many male supplements (including Healthy Resolve's Advanced Prostate Formula — 800-728-2288) modulates the activity of SHBG. Sometimes supplemental testosterone is needed, especially if total testosterone is low. It can be provided by your integrative physician as a rub on. Studies show that testosterone works to improve cognition by its beneficial modulation of neurotransmitters, the chemicals nerve cells use to "talk" with each other. Women should be interested as well. Healthy ovaries continue to produce testosterone long into menopause. Too little can be a factor in osteoporosis, loss of libido, and cognitive performance. If you're having cognitive impairment, ask for a measurement.

Ref: "Two Studies Examine Relationship Between Alzheimer's Disease And Testosterone," American Academy of Neurology, January 27, 2004.

HEALTH NOTES ... continued

fession that doles out antibiotics like water. Now comes evidence that antibiotics may do to breast cancer risk what HRT does. But you will not likely hear screams to reign in antibiotics outside alternative medical circles.

A recent study confirmed that increasing use of antibiotics is associated with increased incidence and mortality from breast cancer. Risk doubles for women with the highest use (more than 500 cumulative days). The average incidence of breast cancer is currently one in seven to eight women. If that rate doubles, it raises the risk to one in four. I sure would not like to be at a gaming table with those odds of losing.

Action to take: Few people realize that "antibiotic" literally means "anti-life." You've read about alternative to antibiotics in these pages. Among these are oxidation therapy, high dose vitamin C (both oral and especially intravenous), saunas (to raise your body's temperature to help fight the infection), and seeing a physician skilled in nutritional therapies. For one of the most common uses of antibiotics in women, bladder infections, other alternatives include mannose, cranberry juice extracts, and uva ursi. Please never take antibiotics unless you clearly have a bacterial infection or the risk is high that you do, and other options are unavailable.

Ref: *Journal of the American Medical Association*, February 18, 2004.

Coming Next Month...

- If you're suffering from memory loss, eliminating this one thing from your diet can restore your mental clarity within weeks. (And it could revitalize your sex life, too.)
- If you're taking any prescription drug, chances are you're taking too much. I'll show you why and what you can do about it.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (9:00 a.m. - 5:00 p.m. PST) for a schedule and rates.

Q: I'm interested in trying your Carb Zapper Plus, but I have a question. How can I take an amylase inhibitor when I also take Pancreatin, etc.? — Claudia J., via e-mail

A: Most digestive enzymes, including those in Carb Zapper Plus, are based on those already present in your digestive tract. Our own enzymes do not inactivate the Pancreatin enzyme. And the Pancreatin enzyme does not inactivate the enzymes in Carb Zapper Plus. The enzyme in Carb Zapper Plus has to survive stomach acid and pancreatic enzymes in order to inactivate amylase (the enzyme that digests starch) — and it does just that. It's a safe bet that taking other enzymes won't affect its ability to help you lose weight.

Q: My doctor is telling me I need to take Lipitor to lower my cholesterol. I would like to lower my LDL and raise my HDL. Will Healthy Resolve's Advanced Cholesterol Formula help me accomplish this? — Noriko T., via fax

A: I have been extremely impressed by the effectiveness of Advanced Cholesterol Formula. I've observed the effects of similar products and still see the same effectiveness. Generally, cholesterol drops by 15 percent. HDL usually goes up, but not always.

I do not like statin drugs. They are the big cheeses of today's sickness industry. They impair CoQ10's formation in your liver and can lead to a host of toxic side effects. Their desired effect can be accomplished with selected nutrients (like Advanced Cholesterol Formula), lifestyle changes (including exercise), and following my diet recommendations, in all but the few with severe genetic disturbances of cholesterol metabolism. If you would like to try Healthy Resolve's Advanced Cholesterol Formula, call 800-728-2288 to order. Please let me know how it works for you.

Q: Have you had any success treating rheumatoid arthritis with color therapy? — Tom M., Whitehouse Station, NJ

A: I have not used color therapy for rheumatoid arthritis, but I do think it would be useful to stimulate the body and immune system. Sometimes color's effects are dramatic and sometimes they're subtle. Either way, I think it's worth trying.

I also suggest you go directly after the likely infectious cause of RA. Lida Mattman, PhD has uncovered what is the likely cause of RA — cell wall-deficient bacteria (CWD) in the joints. Her book is entitled *Cell Wall Deficient Organisms* — Stealth Pathogens. I told you about CWD in detail a few months ago in an explosive story on Lyme disease. RA is a place where low dose antibiotics are most useful. Check out the website www.roadback.org.

Gentle use of adrenal hormones is also very helpful. Women's

International Pharmacy makes the Liefmann formulas (I've previously written about), which provide very needed support for these glands, very often weakened in rheumatic conditions. I've had many people in remission from their RA with combined use of Minocin, 50-100 mg three times a week, together with adrenal support.

Q: I'm suffering from rectal proctitis due to radiation therapy for prostate cancer. I have to use cortifoam to help control the bleeding. I also have to deal with incontinence thanks to the radiation. Will your multi-step therapy help with this condition? Do you have any other suggestions? I'm desperate to get off the cortifoam. — Gary W., Ogden, Utah

A: Thank you for this letter. I hope it will warn other men about the complications of radiation therapy for prostate cancer.

There are several things you should try with the help of an integrative physician. Here's the list:

- I've treated radiation injuries with hyperbaric oxygen therapy and intravenous hydrogen peroxide therapy in the past with some success.
- Rectal ozone might also be useful.
- Enemas of butyric acid, the preferred fuel for the cells lining the colon may help.
- Miso (fermented soy) was recommended by a physician in Hiroshima right after the bombing. He reported that those taking it did not get the terrible maladies (radiation sickness) that befell many in the city. I think it's worth eating regularly.
- Multi-step therapy (exercise with oxygen therapy) is definitely worth a try.

Please let me know if you find success with any of these suggestions.



Dr. Robert Jay Rowen's

SECOND OPINION

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Medical Miracles

The Hidden Cause of MS (And the Conventional Treatment That Works)

A couple of years ago, I told you about a new epidemic of Lyme disease. In that report, I revealed how the Lyme spirochete (a cousin of the syphilis bacteria) was causing a large number of degenerative neurological diseases, such as Alzheimer's and Parkinson's.

We're now finding that Lyme disease isn't the only bacterial cause of these so-called "auto-immune" problems. Researchers have discovered that other microorganisms can be at the root of chronic inflammatory diseases, including multiple sclerosis (MS).

The reason it's taken so long to discover these bugs is because "stealth" pathogens are hard to detect by both your immune system and the lab. When your body has a health challenge (nutritional deficiency, injury, genetic defect, toxin, etc.), it can reduce the blood-brain barrier's ability to protect your brain from these bugs. Most of these bugs would be harmless if you're healthy, but the health challenge makes you susceptible to their attacks.

The health challenge allows these otherwise "gentle" bacteria (gentle in that they would cause no problems if you're in good health) to penetrate your nervous system.

This is what's happening with many cases of MS. A bacterium has found its way into the nervous system and is able to wreak havoc while it's virtually undetectable. I've mentioned the pioneering work of Lida Mattman, PhD in the past. She has shown the presence of L-form bac-

(Continued on page 2)

When an Atkins-Type Diet Can Make Diabetes Worse

If you're a diabetic, it's possible a low-carb diet could make your condition worse! The problem, though, isn't the lack of carbohydrates. It's the extra fat you're likely eating in their place.

These days, most diabetics are following an Atkins-type diet, which pushes a diet of high animal protein/fat to the exclusion of carbs. And for good reason. When I put my patients on this diet, I saw almost magical reversals of high triglycerides and blood sugars.

But there was always a cost. I watched their blood pressure go up and their iron loads increase. I've also smelled foul body odor and heard many complaints of constipation. If I had followed them long enough, I'm sure I also would have seen many develop colon and other cancers. Meat is now associated with higher risks of cancer.

So what should diabetics eat? Back in 1935, Dr. Rabinowitch proved that limiting your fat intake can actually reverse diabetes. He divided 100 insulin-dependent diabetics into two equal groups. The first group maintained the American Diabetic Association diet (56% fat), while the second group reduced fat intake to 21%.

After five years, 24% of those on the low-fat diet no longer needed insulin, compared to 8% on the high-fat diet. In the low-fat group, those who still needed insulin had reduced their need by an average of 58%.

Twenty years later, Dr. Singh placed 80 newly diagnosed diabetics requiring insulin on a sugar-free, 12% fat diet. Six weeks into this study, 62% were off all insulin; after 18 weeks, 72% were no longer diabetic. Singh stated, "On a very low-fat diet, the insulin produced by the body begins to exert its curative effect within days. Most people ... are totally cured."

Medical Miracles... continued

teria in inflamed tissues, which are common in MS. L-form bacteria are unique in that they don't have a cell wall. While that makes them more fragile, it also makes them *rather invisible* to your immune system. It's the bacterial cell wall your immune system sees as a foreign invader that needs to be attacked. Because L-form bacteria don't have a cell wall, your immune system doesn't "see" it and doesn't attack. This allows the bacteria to set up shop and cause a low-grade chronic infection.

So how can you treat this bug? Believe it or not, a conventional medication has proven to work very well against these bacteria. Minocycline, an antibiotic in the tetracycline family, has been found to benefit relapsing multiple sclerosis. Minocycline is the same drug I've told you about that's effective for treating rheumatoid arthritis.

I've suspected for many years that MS is caused by an infection. In fact, I was seeing positive results with minocycline in MS patients back when I lived in Alaska. You'll be amused to know that the MS society in Anchorage told my patients I was a quack for using the drug. Now conventional medicine is saying it's effective! It doesn't have to be the Lyme spirochete. Minocycline is in a class of antibiotics that's particularly effective against any bacteria that doesn't have a cell wall.

Ref: *Annals of Neurology*, December 21, 2004.

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A University of Colorado study confirmed the effect of increased dietary fat on diabetes. The researchers concluded that eating an extra 40 grams of fat daily (as found in a four-ounce fast-food hamburger and large fries) triples your risk for diabetes.

Dr. James Anderson, professor of medicine and clinical nutrition at the University of Kentucky, took a healthy group of medical students and gave them plenty of sugar for weeks. No diabetes. Then, when he added excess fats, they quickly developed diabetic glucose curves. Dr. Anderson's work showed that refined carbs/sugars are the bullet, but excess fat is the trigger!

When you eat excess fat, it impairs your body's insulin receptors. Eating a typical McDonald's meal, a steak, or even stir-fry, injects a huge amount of fat into your body. That fat gets into places where insulin normally connects to your cells to do its work. Because the insulin can't connect properly, the fat prevents it from doing what it's supposed to do — reduce blood sugar.

So eating a high-fat, high-carb diet gives your body a double whammy. The fat impairs your insulin and the carbs cause your blood glucose to skyrocket. When the fat impairs insulin's access to receptors, your sugar is slower to decline. Atkins-type diets definitely help you lose weight. They work by reducing carbs, so there's less blood sugar for insulin to convert into fat stores. But, as I mentioned earlier, these diets may have harmful effects.

The *Archives of Internal Medicine* (11-8-04) recently reported on a study of nearly 70,000 women aged 38-63 during 14 years of follow up. The study began in 1984 and was adjusted to exclude anyone with a history of diabetes, vascular disease, or cancer. The findings showed that you increase your lifelong risk of diabetes by 26% for every serving of red meat you eat. But it gets even scarier: For every serving of processed meat you eat, it increases your risk of diabetes by 38%, for every serving of bacon (more fat), the risk goes up 73%. And for hot dogs, it goes up 49%. Overall, those adhering the closest to the typical Western diet saw a 49% increased risk.

Red meat is full of a toxic form of iron, which is connected to colon cancer. What most don't realize is that elevated iron is also connected to adult diabetes. And that's not all. Meat is chock full of an amino acid called methionine. The body metabolizes methionine into our old "friend" homocysteine. Many people don't have the biochemical machinery to get rid of this cellular poison.

Homocysteine can selectively attack and damage mitochondria. It can also cause heart problems.

I'm now very disenchanted with Atkins-type diets. I believe those who follow it will be more susceptible to other chronic degenerative diseases. There are better ways to treat your body.

Action to Take

If you have the metabolic syndrome (i.e., insulin resistance, pre-diabetes, diabetes, etc.) consider moving your diet toward 80% unrefined carbs from fruits and vegetables (alternate bites of fruit with bites of leafy greens, celery, or cucumber), 10% protein, and 10% fat (10% fat = 250 calories on a 2,500 calorie diet). And focus on getting your fats from healthy sources, such as avocados; soaked, raw seeds and nuts; olive oil; and coconut oil.

Nuts and seeds are packed with many of the oils you need for fuel. And, if they're not roasted, they provide you unadulterated omega 3:6 fatty-acid ratio, depending on the specific nut/seed.

The healthiest saturated fat comes from coconuts. Called medium-chain triglycerides, these fats are handled much differently by the body than the longer saturated fats in meat. Your body transfers these oils directly into energy production without any negative effects on cholesterol. Many people have said coconut oil causes high cholesterol, but this isn't true. Coconut oil is stable to heat and also has very significant antimicrobial properties. Olive oil is monounsaturated. You already know the wonderful and healthy attributes of this oil.

7 Steps to Losing Weight and Reversing Chronic Disease

A few months ago, I told you the story of a Russian family that was cured of a variety of illnesses using the Living Foods diet. Since then, I've heard from a large number of people who want to move toward that type of diet, but don't really know how to do it. So this month, I'm going to give you seven steps you can follow to improve your diet — and your health.

The more steps you take, the more likely you are to reverse all kinds of chronic ailments. I've seen type-2

HEALTH NOTES

Decrease Your Colon Cancer Risk by 32% by Cutting Out These Two Foods

If you, like many Americans, have insulin resistance or metabolic syndrome, you may be headed for colon cancer. But you can lower your risk simply by cutting out two types of food.

A recent study evaluated over 50,715 medical records at Overton Brooks from October 1998 through June 2003. Of the participants, 91% were men and 8,976 had diabetes. Diabetes increased the risk of cancer by 32%, even when other known risks were controlled.

The author of the study, Dr. Rambabu Chalasani, said that excess insulin increases your growth hormone secretion and insulin-like growth factor (IGF). IGF and insulin may trigger cell division and inhibit apoptosis (preprogrammed cell death). Cell division promotes cancer growth and apoptosis prevents it. (This also reaffirms my cautions against the wanton use of human growth hormone.)

I've repeatedly told you that insulin is the hormone of death when in excess. Please lower your refined carbohydrate intake. You also need to reduce your fat consumption. Fat raises insulin resistance, forcing your body to produce more to control your blood sugar (see this month's lead for more details). Cutting out these two types of food can significantly lower your body's need for excess insulin.

Ref: Family Practice News, June 11, 2004

Flush Bad Cholesterol From Your Body

Because you read this newsletter, you are part of a very small group of people in the world who know there's a form of LDL cholesterol that's good for you. I told you last month that a subfraction of LDL called apo-A1 protects your heart and arteries as well as HDL.

What I didn't tell you is that there's a

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HEALTH NOTES ... continued

common nutrient which can differentiate between good LDL and bad LDL.

This often overlooked cholesterol fighter can reduce Lp(a), which is a protein that thickens your blood, by 24-38%. I routinely encourage Lp(a) measurement.

There are two additional lipid subfractions associated with your arterial health: apo-A1 and lipoprotein B. Apo-A1 is like HDL. It hauls back cholesterol from your arteries to your liver. Your liver can then get rid of the waste via the bile. Niacin increases apo-A1. Lipoprotein B, on the other hand, is a particularly bad part of LDL cholesterol. If your lipoprotein B falls, LDL will likely fall as well. Niacin can decrease your lipoprotein B by 5-25%.

Therapeutic doses of niacin range from 1,000 to 4,000 mg per day. There are some cautions, though. The most common side effect of niacin is a prickly "flush." To avoid the flush, I recommend "No Flush" niacin (inositol hexanicotinate), as it works without the flush.

And, if you choose to take niacin, be sure to have your liver enzymes checked periodically. If they become elevated (not uncommon with niacin therapy), the dose should be lowered. If that doesn't help, you'll have to stop taking the nutrient. The lower dose usually solves the problem.

Morgan, J.M., C.M. Carey, et al. "The Effects of Niacin on Lipoprotein Subclass Distribution," *Prev Cardiol*, Fall 2004;7:182-189.

Can Parasites Heal Your Gut?

Last month, I told you many cases of Crohn's disease are caused by a relative of tuberculosis and can be cured with anti-

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books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

diabetes reversed and type-1 completely controlled without insulin. I've also seen asthma, thyroid problems, chronic fatigue, rheumatoid arthritis, allergies, and heart arrhythmia all reversed on this diet.

Regardless of anything else you do, the first two steps are a must for everyone — even Atkins diet fans. From there, the steps get a little harder, but are well worth the effort.

Step #1

If you eat like most Americans, you have a bunch of packaged snack food in your cupboard. These are among the worst "foods" you can put into your body. Try to cut back on as many of these things as you can.

Add as many fruits and vegetables to your diet as you like. Try to eat at least one salad a day. And don't eat just iceberg lettuce. Use spinach and other dark green lettuce instead. These have a lot more nutrients than iceberg.

An easy change is to upgrade your salt to "Celtic Sea Salt." I've never seen this raw sea salt cause any bad effects on blood pressure. It contains the precise physiological balance of minerals your body needs. You can find the salt in many health food stores. Or you can order it from The Grain & Salt Society (800-867-7258 or www.celtic-seasalt.com).

Drink at least eight glasses of filtered (I prefer quality reverse osmosis filters from Assured Water: 888-682-7547) water a day, including one or two at the start of meals. That will help fill your stomach more quickly and cut your calorie consumption. Reduce your alcohol intake to no more than one glass of quality organic red wine or microbrew beer per day. If you're a coffee drinker, limit yourself to a maximum of two cups each day. And make sure it's organic! You might even try switching to green tea.

I also recommend that you stop drinking soft drinks. If you have a few left in your pantry, you can use them to clean your toilets and car radiators.

Step #2

At this point, you'll need to go through your cupboard and toss out all the packaged snack "food." This means you have to get rid of candy, ice cream, sugar, hydrogenated oil products, chips, and the like. You can hold on to packaged food that has some nutritional value, such as canned fruits and vegetables, etc. Read labels to eliminate products with partially hydrogenated fats.

Increase your fruit and vegetable intake to at least five servings per day. Organic, organic!

Cut down red meat to once per week — and make sure it's grass-fed beef or wild game (deer, elk, buffalo — these are now more widely available). Instead, eat more eggs and wild, cold-water fish for your animal protein. Farmed fish and warm-water fish may be heavily contaminated. At best, they have significantly fewer nutrients and omega-3 fatty acids.

Replace some of your meat meals with chicken or turkey, but make sure it comes from free-range organic birds. The meat from birds raised on most farms is very low in nutrients compared to free-range. The meat from free-range birds is leaner, doesn't have antibiotics or hormones added, and is generally much better for you.

If you have a cooked carbohydrate craving, try eating as many bananas at one sitting as you like. If you're nuts about chocolate, try switching to organic dark chocolate. It's not perfect, but it's the best candy around for your health.

Step #3

Buy a juicing/smoothie book and a Vita-Mix blender. This is by far the strongest and most durable of all the blenders. With it, you can puree raw fruits and veggies into smoothies, soups, and other fabulous taste sensations. Have a raw fruit and nut smoothie for breakfast. (You can find my recipe on my website: www.secondopinion-newsletter.com. You'll find it in the January 2004 issue under Archives.)

Make your own juice and salad dressings. Try to eat animal protein just one time per day. Ease your fat cravings with raw nuts and seeds soaked overnight to "awaken" them. Germinated nuts and seeds have far more available nutrition than when dormant.

Now that you've made it almost halfway, you might be ready to cross the creek. At this point, the steps get much more difficult. While I take only a few paragraphs to explain each, you'll need to take some time and think through how you can incorporate these steps into your daily routine. The more thought and planning you put into it, the more likely you are to succeed.

Step #4

Try reducing all animal protein (red meat, poultry, and seafood of all kinds) to two to three times per week.

HEALTH NOTES ... continued

otics. Now there's a new treatment that may resolve your inflammatory bowel disease — parasites!

It's not just any parasite, though, as many bowel problems are caused by these troublesome bugs. It's parasite worm eggs from the porcine whipworm. While it sounds rather disgusting, it's quite a novel treatment and completely safe. The porcine whipworm is not native to humans and cannot multiply in us. Therefore, it can't be spread from one person to another. And it won't cause problems in your bowel because it naturally dies in any non-pig host.

But does it actually work? In a study on 29 patients with Crohn's disease, weekly ingestion of 2,500 harmless porcine whipworm eggs resulted in a 72% remission rate after 24 weeks. And a second study followed 54 patients with ulcerative colitis. They were fed the eggs. This group had a 48% response rate after 12 weeks. That's compared to a 15% response with a placebo.

Just how does it work? The University of Iowa researchers said this harmless worm boosts your immune system. They also predicted that this could help those with other immune disorders, such as asthma and MS.

Inflammatory bowel disease (IBD) is rare in developing countries where intestinal parasites are common. This is a novel treatment with a biological immune response modifier. It's not yet available, but will likely spur more research and expansion to other immune conditions. I suspect it will be available in the very near future. When it is, you'll be the first to know.

In the meantime, if you do have IBD, see an integrative physician. There are treatments available, including antibiotics, that might resolve your problem.

Major Victory Preserves Medical Freedom — For Now!

If you have read any of my writings about Codex Alimentarius, you know your supplements are in danger. Codex is an international commission that has been

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HEALTH NOTES ... continued

railroading new laws that will severely limit the content of nutritional supplements throughout Europe.

The freedom to buy high-dose vitamins is in such jeopardy that in several countries it's illegal to sell vitamin C in greater doses than 300 mg tablets. And what's far worse for you and me, our government has signed trade treaties that will mandate Codex laws to take effect in this country. These treaties will trump our own supplement laws, which we labored so hard to enact in 1994.

The Codex regulations are scheduled to go into effect this August. But thanks to your help and that of many others, the European Alliance for Natural Health has pulled off a major victory. Advocate General Geelhoed, the senior adviser to the European Courts of Justice, rendered his opinion in the Alliance's case against Codex. Here's what he said:

"The Food Supplements Directive infringes the principle of proportionality because basic principles of (European) Community law, such as the requirements of legal protection, of legal certainty and of sound administration have not properly been taken into account. It is therefore invalid under EU (European Union) law."

Although we're still a long way from a home run — this is terrific news. The recommendation must now be accepted into court itself. However, the court generally does accept the recommendations of the Advocate General.

Interestingly, none of the major

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Eat more eggs; as they're much easier to digest.

Avoid deep-fried foods of any kind. If you like to stir fry, do so only in organic and extra virgin olive, coconut, or macadamia nut oil. Be sure you don't do this at too high a temperature. Better yet, steam or bake food until it's cooked to perfection. When cooled enough to eat, brush raw butter, flaxseed, or coconut oil on it to satisfy your taste. That bypasses the harm heat does to the oils.

At this point, you'll need to eliminate most canned and jarred products (except for fruits and vegetables you can yourself). For people who enjoy gardening, you can begin a sprout "garden" in your kitchen. That's how you can turn most grains or legumes into an extremely healthy edible "living" food without cooking it.

Try to eat two to four living-food meals each week. That means the entire meal is uncooked. Start out with two each week and gradually add more as you grow comfortable with the preparation.

Step #5

This is the step where almost all meat is dropped from your diet, but you're still cooking many of your vegetarian meals. You won't be completely vegan at this point, as you'll still eat eggs and dairy (and maybe a little fish). As for your dairy consumption, you'll want to find organic dairy. And raw is best, if it's available.

From here on out, there are no packaged foods of any kind! The foods you purchase, whether for cooking or not, must be in a state close to how they came out of the ground. This still enables you to cook whole grains and legumes, but eliminates all pasta (unless you make it yourself from freshly ground grain) and refined products. Avoid anything that says "enriched." You'll want to begin reducing the amount of whole-grain bread you consume.

Try to eat one living-food meal every day. Oftentimes, breakfast is the easiest. So start there. As you can, try to add in a living-food lunch or dinner.

Step #6

Now make a push to eat at least two living-food meals a day. The third meal can be a combination of living and cooked whole foods. Try eliminating all animal products, except the organic, raw dairy. Increase your soaked nut and seed intake as an alternative. Even though you've eliminated your meat, try to get down to only a few eggs and one-quarter pound of cheese per week.

This step is a lot easier the closer to the equator you live. I found that out when I moved to California from Alaska. Down here it was easy to move from step #4 to #6, considering the wide variety of high-quality fresh and organic foods available. You'll find this step fairly easy to maintain at home, but difficult when you go on the road. Don't be afraid to eat a fair amount of cooked foods when you travel.

Step #7

All your foods are now raw, organic, and vegan. Even dairy is gone.

Pureeing squash and other starchy vegetables and fruit (such as bananas) provides you with the calories you need. You can make incredibly filling soups with pureed raw vegetables, including squash. Raw-food preparation books can guide you to dishes that would delight the most discerning traditional culinary critic.

While I'm not to this point yet, I'm close. And those I've interviewed who are, rave about the conditions they have reversed. I've not seen one case of obesity or vascular condition among them. However, have your doctor monitor your vitamin B12 level. You might occasionally need some B12 by supplement or injection. I've taken B12 myself!

There are many excellent resources out there. If you're Internet savvy, do a Google search for living or raw food "cookbooks." You might try Natural Nirvana at <http://store.naturalnirvana.com/> or 352-372-2520. Amazon.com also has a great collection. Most natural food stores will have all the information you need to get going! Try Dr. Doug Graham's website at www.foodnsport.com.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

European countries themselves opposed the position of the Alliance. Dr. Robert Verkerk is the executive director of the Alliance. He's spearheading the opposition to Codex in Europe. He said, "It is commendable that the EU Advocate General has seen through the flawed science and law of the Food Supplements Directive and reached his recommendations today. All that ANH is campaigning and working cooperatively for is the right for consumers to have access to safe natural healthcare and for legislation to be based on good science and good law. This is a great day for the tens of millions of people who believe passionately in the benefits of natural, preventative healthcare."

The publisher of *Second Opinion* and I thank you for your support and any donations you may have given the Alliance. We need to keep the pressure up over there, to prevent the Codex nightmare from crossing the ocean. You can find further information about the Alliance on its website at www.alliance-natural-health.org. You can also donate to the Alliance on the website. Helping these folks is the absolute best way to help us. And you know my motto: The best treatment is prevention.

If you'd like to read more about Codex, you can find the articles I've written about it on my website: www.secondopinion-newsletter.com. Subscribers to my newsletter have free access to the all back issues.

Coming Next Month...

- An anti-cancer supplement that really works! Effectively prevents prostate, breast, and uterine cancer.
- Taking supplements for your arthritis? Make them work even better with these 2 simple treatments.
- Cut your risk of heart attack in half ... without supplements or changing your diet. It's available at your local grocery store.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: My wife has cancer and we're looking to use alternative medicine to treat it. I've noticed some of the programs and doctors you recommend use two different types of detox. Some use coffee enemas; others use colonics. Which do you think is better?

— Mark B., Ft. Smith, AR

A. Each has value. Coffee enemas help to stimulate the biliary detox system of the liver. Colonics wash out the entire colon. It never ceases to amaze me what is eliminated from people with colonics. Coffee enemas can be performed at home, hence the convenience. Colonics usually need a trained therapist. My preferred method currently is a gravity fed colonic machine with administration of ozone at the end of the procedure. I also suggest home coffee enemas two to three times per week if you're interested in extra detoxification for cancer-related problems.

Q: My cardiologist wants me to go on Warfarin (coumadin)

because I have atrial fibrillation. I showed him your newsletter about using nattokinase and asked him if I could use it on a trial basis. He approved. I'm working with my internist and he needs to know the blood test to use to monitor dosages. I'm currently using one capsule daily. Can you help? — Andrew R., Honolulu, HI

A. Coumadin reduces your blood's ability to clot, which can be directly measured in a prolonged PT (prothrombin time) or elevated INR. Nattokinase works differently. It cleans up unwanted clotting. I don't know of any way to measure its action, but you should have your doctor continue the INR tests if you remain on coumadin.

Generally, I use NutriCology's brand 100 mg, twice daily for patients with atrial fibrillation. As you read in these pages last year, I also use vitamin E (1,200 IU Carlson's or Unique E), omega-3 fatty acids (two capsules, twice daily), ginkgo (one capsule, three times daily) and Longevity Plus' Essential Daily Defense (three to five capsules, three times daily — call 800-896-1484 to order). I don't know of even one patient who has suffered a clot on this regimen.

Q: I purchased nattokinase at my local health food store based on your advice. I took two capsules per day, each capsule containing 800 UF nattokinase. I have sensitivity to soy and the product caused excessive gas and bloating. I could take them only in the evening to avoid embarrassment during the day at the office. I used the product for 30 days, but did not notice any change in my condition. What is your recommended dosage for prevention? I have occasional chest pains and stiffness in my legs,

but have not been diagnosed with a heart condition so far. — Madeline F., Toronto, Ontario

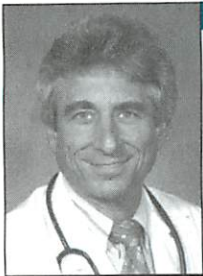
A. I generally recommend you take 50 mg of NutriCology's brand nattokinase twice daily for prevention. However, if you have a problem with too much coagulation, the dosage can be twice that or more (even up to 600 mg daily). There's no known toxicity.

It does come from soy. Therefore, if you're allergic to soy, you could have similar reactions — as if you ingested actual soy. Not knowing more about your condition, I cannot give specific advice.

However, your stiffness might not be related to coagulation problems. It could also be narrowing of your arteries, which would require much different approaches. These might include, but are not limited to, chelation, oxidation, nutritional supplements, exercise, dietary changes, cholesterol removal with essential phospholipids and policosanol, and more. I strongly recommend you see an integrative physician soon to make sure you're getting the proper treatment.

Q: My doctor is telling me not to take vitamin E prior to having a surgical procedure. Is this good advice? — Robert G., Deerfield Beach, FL

A. He's likely concerned that you will have an increased risk of bleeding. While I don't think that 400 IU or less will likely be a problem, I defer to the surgeon on situations like this. However, I usually recommend an oxidation treatment or two and high-dose multiple vitamin/mineral I.V. drip prior to and just after surgery. In 20 years of preparing my patients for their surgeries with these techniques, I have not observed even one complication. And their healing times have been absolutely fantastic!



Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Proof That Acupuncture Makes Arthritis Treatments Work Even Better

My first adventure into alternative medicine was acupuncture, which forever changed my medical direction. I saw firsthand how it helped all sorts of people, especially those in pain.

Unfortunately, conventional medicine was 20 years behind the times and didn't accept acupuncture as a viable treatment option. So, by using it, my reputation took a major hit. Take, for instance, the first time I applied for private hospital privileges. It was 1983 at the Providence Hospital in Anchorage. My application included the use of acupuncture.

A blustery ego-centered, knife-happy orthopedic surgeon spoke on behalf of the stodgy credentials committee of doctors. He asked what the AMA's position on acupuncture was, knowing full well what the answer was.

I replied truthfully: "The AMA considers it placebo." I got the privileges I requested, but was forbidden to use acupuncture. I always wondered how many patients were condemned to his knife as a result. Even at that time, it was known that back surgery has a 50% "make you worse" rate. But that wasn't important to this surgeon.

Acupuncture has since gone mainstream. Even prestigious universities, such as UCLA, teach it to physicians. And now, there's proof from a highly esteemed medical journal that acupuncture is a valuable medical treatment. In November 2004, the *British Medical Journal* published a report

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Can This Common Supplement Actually Contribute to Cancer?

You already know that hormone-related cancers (breast, prostate, uterine, and ovarian) are epidemic. You also know "autoimmune" and chronic inflammatory diseases are rampant. If you, a friend, or a loved one has any of these diseases, you know how devastating they are.

But what you may not know is that there's growing evidence a popular supplement can fuel these diseases. That's right! Researchers are finding this supplement may actually contribute to cancer or make autoimmune diseases even worse. In fact, the supplement could be in your kitchen cabinet.

Researchers from Texas A&M University showed in 1996 that this supplement damaged the *testicular lining* cells of male rats. At one-fifth the usual human dose, the rats had reduced sperm production and cellular damage.

Another group of researchers showed ovarian damage in rats when exposed to the supplement at 10 times the usual human dose.

And in 1994, Dr. Midori Yoshida, who is a top cancer researcher for the Sasaki Institute in Tokyo, Japan, published a study demonstrating that this same popular supplement can induce endometrial cancer (cancer on the inside of the uterus) in animals. While all of these studies were done on animals, there's good reason to believe humans may find similar trouble with this supplement. Let me explain.

As we've already established, cancers of the breast, prostate, uterus, and ovaries are predominantly caused by abnormal hormone activity. Even many autoimmune and inflammatory diseases are influenced by hormonal abnormalities.

Your body makes a lot of hormones. When you put

HEALTH NOTES ... continued

that acupuncture was more effective for osteoarthritis of the knee than placebo.

In the study, a total of 88 patients with osteoarthritis of the knee were divided into two groups. One group received acupuncture plus diclofenac (an anti-inflammatory drug). The other group received dummy (placebo) acupuncture plus diclofenac.

The researchers discovered the acupuncture actually enhanced the effectiveness of the drugs. The group using acupuncture saw greater reduction in pain and stiffness. This group also experienced improved physical functioning and quality of life.

While this study was done with drugs, there are supplements that reduce inflammation far better than NSAIDs. And because these supplements have a similar effect on the body (without the side effects), it's likely they will see similar enhancement when used with acupuncture.

Action to take: If you're one of the 10% of people over 55 with arthritis of the knees, use alternatives before you think drugs or surgery. NSAID drugs thin your cartilage. So you might get pain relief today, only to get joint destruction tomorrow. My favorite natural anti-inflammatories include curcumin, the yellow pigment of turmeric (300 mg, three times daily), omega-3 fish oils, Cat's claw, oregano, gin-

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food, drinks, supplements, drugs, or anything else into your body, it affects these hormones. You already know that the type of food you eat will determine how much insulin (a hormone) your body produces to metabolize the food. Well, insulin and other hormones respond to every stimulus we put in our body.

Hormones are tricky to work with. They are absolutely required for the body to function properly. But if you have too much or too little, they can cause significant problems. Take the thyroid hormone for instance. Too little causes hypothyroidism. Too much causes hyperthyroidism. Neither of which are desirable conditions.

One of the trickiest hormones to work with is estrogen. Estrogen is required for many bodily functions, especially the sexual and reproductive functions in women. Both men and women require estrogen, though, just in different proportions. However, we now know that excess estrogen causes cancer.

The Dangers of Too Much Estrogen

A woman's uterus is designed to deal with normal estrogen by way of her monthly period, which sheds estrogen stimulated cells. With menopause, her body decreases its production of estrogen because her estrogen-producing egg follicles are all gone.

When a woman is exposed to too much estrogen, it creates a situation called estrogen dominance, which causes a whole host of problems. With estrogen dominance, cells stop dying (which is what cells are supposed to do as they age and become abnormal) and continue to divide uncontrollably. This can eventually lead to cancer.

Aside from cancer, ~~estrogen dominance has other~~ problems. It's related to mid-life obesity, PMS, recurrent breast pain, endometriosis, fibroids, rheumatoid arthritis, and lupus. For men, excess estrogen is now widely considered the likely culprit in prostate disease.

Estrogen dominance is caused by several factors. Age and obesity are the most common. As we age and gain weight, an unwanted enzyme found in fatty tissue called aromatase becomes more prevalent in our body. This enzyme captures precious testosterone, already in decline with age, and spits it back out as estrogen. That's why you're hearing a lot about aromatase-inhibitor drugs in estrogen-related breast cancer. Inhibiting the enzyme reduces testosterone conversion to estrogen. The best way to keep that enzyme in check is to keep lean and get plenty of exercise!

Another cause of estrogen dominance is genetics. Each of us has genetic factors that contribute to the development of estrogen-related cancers. In part, these factors are greatly magnified by your exposure to xenobiotics.

Xenobiotics are man-made poisons. They are everywhere in our environment, including the food chain. They include chlorinated hydrocarbons and pesticides, which can have powerful estrogen-like effects on your body that are far stronger than your natural estrogens.

Regardless of where the estrogen comes from, your body has to get rid of it. To do so, the liver has to go through a biochemical process called hydroxylation. When the liver hydroxylates estrogen, it creates various types of estrogen byproducts.

There are many of these estrogen byproducts (rather than naming all of them, we typically refer to them by their hydroxyl position in the estrogen chain). Some are dangerous and some are beneficial. For instance, scientists and doctors typically pay attention to two of them: the 2 and 16 positions (a.k.a. 2-hydroxy estrogen and 16-hydroxy estrogen). The 2-hydroxy estrogen is considered beneficial. It works to cause normal cell death (called apoptosis), which prevents cancer.

On the other hand, 16-hydroxy estrogen causes cancer and inflammation. (Just remember that 2 is good and 16 is bad.)

Many labs measure the ratio of 2-hydroxy to 16-hydroxy estrogens to help assess your disease risk. A good ratio is 2:1. If the ratio is lower, you're at greater risk of cancer and any number of inflammatory diseases.

Living Up to the Hype?

One nutritional supplement that's been touted to improve the ratio is indole-3-carbinole (I3C). However, I've recently learned that the safety claims about I3C may not be true. In fact, this popular supplement may have significant and hidden dangers. You need to know about its problems.

I3C does improve the 2 to 16 ratio by generating more beneficial 2-hydroxy estrogen. However, that's not where the trouble lies.

I3C also causes your body to produce a third estrogen byproduct called 4-hydroxy estrogen. This byproduct is definitely one of the bad guys. In fact, it could be the worst! It's the most toxic of the estrogen byproducts. Far more toxic than 16-hydroxy estrogen.

HEALTH NOTES... continued

ger, *Rhododendron Caucasicum*, bromelain, and pancreatic enzymes (or Wobenzym). You can find many of these in Healthy Resolve's Advanced Joint Formula (800-728-2288). If you're skeptical about acupuncture, just try it in conjunction with these other treatments. It won't hurt you. And I think you'll be pleasantly surprised!

Quick Autism/Alzheimer's Follow-Up

In the April and May issues, I told you about Dr. Yasko's incredible RNA products, which treat autism, Alzheimer's, and other brain diseases. One aspect of Dr. Yasko's products I didn't mention was her oral chelating products.

Even though these products are not technically chelation products (they are anti-virals), they still have a chelating effect on mercury. Dr. Yasko believes that infection in the brains of autistic kids and even in neurologically impaired adults (such as Alzheimer's patients) holds onto mercury and isolates it. Many integrative physicians have seen cases of heavy metal-chelation tests repeatedly returning negative, even when it was clear that there should be lots of mercury.

Dr. Yasko believes the reason is because a hidden infection is hiding the mercury. Her answer to this problem is her non-prescription collection of RNA products called Metals I, II, III, and IV. They are designed to target (i.e., switch on the immune response against) hidden infections such as herpes viruses, measles, and others. When these products are administered, mercury suddenly comes pouring out. With the infection gone, the metals can be extracted much easier.

You might remember young Sam, who suffered from autism. Sam saw some amazing results using Dr. Yasko's RNA products, but he was still not fully recovered. So during his last visit, we added Dr. Yasko's Metals I.

Only one week later, his mom e-mailed me the following: "Since we last saw you,

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HEALTH NOTES ... continued

Sam began taking Metals I and we have seen another change in his progress. He's starting to use whole sentences, his ability to follow directions has improved, and he's very 'chatty.' Although sometimes we don't know what he's saying and we ask him to repeat himself and to slow down."

If you suffer from any brain disease and you're not seeing the results you'd like to see from your current treatment options, I highly recommend you try these RNA products. You can order these and all of Dr. Yasko's RNA products from Longevity Plus-RNA (877-762-3663 or www.longevityplus-rna.com).

Fruits and Veggies Reduce Heart Attack Risk by 28%

Nutritionists have long told us to eat five or more servings of fruit and vegetables each day for general good health. Now we're finding that this recommendation will protect your heart.

The November issue of the *Journal of the National Cancer Institute* published findings of a multi-year study of more than 100,000 people, men and women. The study showed that eating five or more servings of fruit and vegetables reduces your risk of having a heart attack by 28%.

Dr. Walter C. Willett, of the nutrition department of the Boston Harvard School of Public Health, analyzed data from two large ongoing studies that assess how lifestyles influence health. These studies are the Nurses' Health Study, which started in 1976, and the Health Professionals' Follow-up Study, which began in 1986.

(Continued on page 5)

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This 4-hydroxy estrogen prevents cells from dying when they become abnormal. Such cells can further degenerate to cancer. In fact, 4-hydroxy estrogen can sit in one spot and spin out massive amounts of highly inflammatory and toxic free-radicals. This is possibly why women get more autoimmune disease than men (they have more estrogen to convert to 4-hydroxy estrogen).

In this way, I3C acts very similar to the xenobiotics mentioned earlier. We know that these man-made poisons often have a "super" hormone-like impact on sensitive tissues, such as in the breast, prostate, or uterus. If these toxins were left alone by your body, they might not be so bad. But when your body naturally tries to get rid of them, it has to produce an enzyme that attempts to detoxify the poisons. However, this same enzyme also generates large amounts of 4-hydroxy estrogen.

An example of how this works is the trouble we had with estrogen-loaded oral contraceptives when they came on the market many years ago. Shortly after they first appeared, we saw a lot of women smokers suffer from unexpected blood clots. The excess estrogen from the contraceptives coupled with the smoke (man-made poison) caused these women's bodies to create the enzyme that produces 4-hydroxy estrogen. The combination of estrogen and smoke created a time bomb in their bodies.

Whether you're a man or woman, taking I3C could create the exact same problem — too much 4-hydroxy estrogen. The resulting inflammation will greatly increase your risk of developing vascular or other problems.

And conventional medicine doesn't understand the problem and doesn't have a clue about treatment. But there's a lot you can do about it.

Action to Take

Obviously, if you have been using I3C, you have cause for concern. That's why I'm now telling all my patients (and readers) to stop using it. Yes, I3C can be used in specific circumstances. The best use of I3C is to fight the papilloma virus, which causes growths on the larynx, and genital and skin warts. That's probably why I3C is so successful in treating abnormal growths in the cervix. Cancer of the cervix is now accepted to be a venereal disease caused by HPV (human papilloma virus).

Studies show you need 300-400 mg of I3C daily to change estrogen to the 2-hydroxy form. But 300-400 mg of I3C increases your risk of developing 4-hydroxy estro-

gen and the health problems that come with it. So using it for any reason carries significant potential side effects.

Incidentally, you don't have to take just my word on I3C. I recently spoke with Dr. H. Leon Bradlow. He is the Rockefeller University scientist who discovered the 2/16 estrogen modulating effects of I3C some 15 years ago and is considered the foremost expert on the subject.

Dr. Bradlow took I3C himself at the time of his studies stating, "I would not want to give any of my human subjects something I would not take myself. But I would not ever take it again with the latest information. I3C is an 'at risk' compound if taken long term. There is indisputable evidence that 4-hydroxy estrogen is a human carcinogen. 4-hydroxy estrogen spontaneously forms semiquinones, which can directly damage DNA.... Even years ago, the National Cancer Institute held up funding for I3C studies due to FDA concerns over its safety."

Do we have all the evidence we need to say this supplement definitely causes disease? Probably not. But if you couple Dr. Bradlow's information with the indisputable evidence that 4-hydroxy estrogen is a human carcinogen (of which I3C is a major producer), you have all the reason you need to avoid this supplement.

The good news is there's a supplement that prevents most of these unwanted estrogen effects. It's one of the most important supplements I've ever used. It has none of the negatives of I3C, all of the positives, and so much more. It can help prevent all hormone-related cancers, many heart problems, and many inflammatory diseases, including arthritis. In fact, it's a supplement that I consider a "must take" for everyone. And I'll tell you all about it in next month's issue.

Ref: *Toxicol Sci.*, 2001 December;64(2):162-8.

One Way to Reverse Lupus (It Isn't Drugs)

If you have any neurological disease, lupus, or a rheumatic disease, it may not be a disease at all. It could be an allergy!

A major rheumatology journal report described three cases of diagnosed "lupus," a serious so-called autoimmune disease where the pundits think your body is attacking itself. In each of these cases, the cure for lupus wasn't

HEALTH NOTES ... continued

For the study, Dr. Willett analyzed the results of regular questionnaires filled out by the participants. The questionnaires focused on the participants' eating habits and overall health. Dr. Willett and his colleagues found those who ate at least five servings a day of fruit and vegetables had a significantly lower risk for cardiovascular disease. They also had a slightly lower risk for chronic diseases such as hypertension and diabetes.

Which vegetables are best for your heart? Green leafy vegetables (such as spinach) were particularly effective, reducing heart attack risk by 11% all by themselves.

Action to take: Don't wait to protect your circulation. Heart and related diseases are still the number one killers. To me, it's a no-brainer. I believe in quality of my life, not quantity. I don't want to be crippled by heart disease or stroke for the latter years of my life. So make sure you're eating plenty of fruits and vegetables every day.

Ref: *Jour Nat Cancer Ins*, November 3, 2004.

How Tea Can Save You From a Fatal Heart Attack

You may already know how good tea is for you. But now there's evidence that this simple beverage can significantly reduce your risk of getting heart disease. Better yet, this same drink will slash your chances of dying from a heart attack.

A Dutch study conducted from 1990-1997 followed 4,807 participants for chronic disease incidence in relationship to their diet and other lifestyle factors. During the study, there were 146 heart attacks — 30 of which were fatal. Those who were in the habit of drinking more than 12 ounces of black tea per day had roughly half the risk of a heart attack as non-tea drinkers. And the risk of a fatal heart attack was cut by one-third.

The study authors believe the higher intake of specific flavonoids in tea offered the heart-protective effects. Flavonoids are

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HEALTH NOTES ... continued

naturally occurring compounds that act as free-radical scavengers. Halting the free-radical attack on the endothelium (inner vessel lining) is likely the most important factor in preventing the heart attacks. Evidence of the value of flavonoids was further seen when the researchers evaluated specific dietary flavonoid intakes. These reduced the risk of fatal heart attacks, but not non-fatal heart attacks.

Action to take: I'm currently drinking a significant amount of green and/or black tea almost daily. Black tea has most if not all the protective ingredients as green tea. Water is the most important liquid to drink. However, I've been replacing some of my water intake with organic tea. This is a most inexpensive and natural way to lower heart disease risk. Drink as much organic tea as you wish. If you like it sweetened, use Stevia (which is available at most health food stores).

Ref: *American Journal of Clinical Nutrition*, vol. 75, no. 5, 880-886, May 2002.

Conventional Medicine Battles Conventional Medicine

Conventional medicine is so worried about losing credibility that it's now fighting against itself in vicious turf wars. The latest battle was in Louisiana, where the American Academy of Family Physicians (a lobby for the American Medical Association) lost a brutal fight against psychologists. In Louisiana, psychologists with

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drugs. It wasn't even supplements. And it costs nothing!

Case #1: A 20-year-old female who had struggled with health problems from birth. She failed to thrive as a baby, and has always suffered from malaise and abnormal sweating. Diagnosed with lupus, she was placed on steroids and became resistant to them by age six. Then she was given immune-suppressive drugs (the common orthodox treatment when they just don't know what else to do).

By age 17, she graduated from the pediatric drug pushers and was seen in an adult rheumatology clinic. There, one bright fellow thought to check for gluten sensitivity. She was positive. When she eliminated gluten, her symptoms vanished within six months! Her blood tests normalized, and all drugs were stopped.

Case #2: Another 20-year-old female developed MS-type complaints (blurred vision, headaches, generalized weakness, and heaviness of legs). Tests for MS were negative. She was diagnosed with lupus and given aspirin. A few years later, she developed severe neurological symptoms. One side of her was partially paralyzed. She staggered on her feet. She was checked for gluten sensitivity and was positive. After six months of a gluten-free diet, her methotrexate (chemotherapy-type drug) was stopped, as it wasn't needed anymore.

Case #3: A 54-year-old female developed persistent headaches by age 40. She had a high ESR (classic lab marker for inflammation) and low white blood cell count. By 49, she had generalized hives, facial edema, and a very high ESR. Eventually, she made it to an astute gastroenterologist who found she had gluten sensitivity. A gluten-free diet cleared all her symptoms and brought the ESR test to normal.

Here's the important thing for you: If you're sensitive to gluten, the only symptom you may have is neurological dysfunction. Ataxia (staggering) and peripheral neuropathy are the most common signs. (I'm asked repeatedly about peripheral neuropathy!) Only one-third of these patients will have evidence of intestinal disease, the classical signs of gluten problems.

It's estimated that at least 1% of the U.S. and European population have this disorder. And for every patient with intestinal signs, there are at least eight others with silent gluten sensitivity (meaning no intestinal signs). Conventional medicine is finally admitting that there's a cause for at least some of the "idiopathic" inflammatory diseases. (Idiopathic means "we don't know

what's causing it, so it must be you.”)

If gluten can fool the pundits into thinking a problem is lupus, it's very possible it could be causing your inflammation.

If you have any strange malady, joint problems, neurological disease, or inflammation of any kind, I strongly suggest a test for gluten. There are two types of problems you'll need to look for — those inside the intestine and those on the outside of the intestine. Each requires a different test.

To test for gluten problems within the intestine, you'll need to get tests called antiendomysium (100% specificity) and tissue transglutaminase antibodies. (Don't worry about learning the names. Just show this to your integrative doctor and he'll know what to do.)

For symptoms outside the intestine, the antigliadin antibody test is a must. Antigliadin antibodies have been reported in as many as 23% of diagnosed lupus patients. That's a whopping number.

A final test that I've found useful is a tissue-typing test. It's much like a blood-type test. If the test says you have type HLA DQ2, it suggests gluten sensitivity.

Gluten is found in the following grains and all their byproducts: wheat, barley, oats, spelt, kamut, and rye. Please check for gluten sensitivity should you have any inflammation of “unknown” cause or a so-called autoimmune disorder. I personally don't believe in “autoimmune” diseases. I think all such diseases are your body's reaction to something in it that should not be there (such as an allergen, poison, metal, or infection). You could spare yourself a lifetime of steroid and chemotherapy-type drugs with all their terrible toxicity.

Ref: *Ann Rheum Dis*, 2004;63:1501-1503.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

special training have the right to prescribe mind-altering drugs.

Here's what the medical opposition said in its losing battle: “We're talking about very strong drugs, and we're dealing with patients with very serious problems,” said Dr. Michael Fleming of the American Academy of Family Physicians. The Academy contended that the 20 hours of training given these non-MDs was insufficient for such powerful drugs.

Well, I agree. However, the Academy needs to take a good look in the mirror: When you look at the hours of training in this narrow class of chemicals, I bet the psychologists actually received more hours of training per psychoactive drug than most MDs ever do for the litany of drugs on the market.

The Academy's position is bankrupt as far as I'm concerned. They're not trained to evaluate the terribly powerful and toxic chemicals they fill bodies with. And they don't have a clue about multi-drug interactions. Otherwise, drug-induced deaths would not be the 4th leading cause of death in the country.

The moral of the story is — find alternatives to prescription drugs. There's almost always one available. Conventional medicine is in growing disarray and you don't need to be a victim of its confusion.

Coming Next Month...

- An anti-cancer supplement that really works! Effectively prevents prostate, breast, and uterine cancer. Part 2 of the I3C story.
- You know aspirin causes ulcers. Well, what they tell you to take instead causes even more ulcers!
- New breakthrough lets women save their breasts if they absolutely must get a mastectomy.

LETTERS

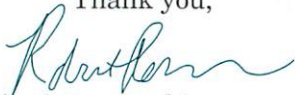
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: I'd like to have your opinion of oral chelation with EDTA for an 87-year-old woman with arthritis, diverticulitis, and failing eyesight. Will the oral chelation help her? — Richard Prosser, via e-mail

A: I think oral chelation is useful for most anyone. We all have high levels of toxic metals simply because we live in this highly toxic age. I can't promise results, but I take oral chelation myself for these same reasons. Be sure she takes replacement minerals in a good broad-spectrum multivitamin/mineral like Max Plus, as oral chelation can remove good minerals from the body.

Q: I need to be convinced that high cholesterol is a problem. I have total cholesterol of 252 (forgot the figures for HDL and LDL). I've heard over and over that homocysteine is the problem, not cholesterol. If I were to take just vitamin B6, would I still need to worry about my cholesterol levels? I

very much appreciate your input. — Gina G., via e-mail

A: Every person is unique. I like to look at all your risk factors, not just those you mentioned. Homocysteine is a problem, but not necessarily the only problem. Vitamin B6 is important for homocysteine. But, generally, B12 is even more important, since it is harder to absorb.

More important than total cholesterol is how your body is handling it. The two values you forgot indicate how your body is handling the cholesterol. I like cholesterol to be less than 220 in general, but if your HDL is high (like 80 or more), that offers a lot of protection. If your HDL is low, I strongly recommend taking Healthy Resolve's Advanced Cholesterol Formula. See the enclosed insert for details.

Other risk factors that are easy to measure are fibrinogen, ferritin, Lp(a), triglycerides, fasting insulin, and apolipoprotein A and B. These are the tests I most commonly evaluate for heart disease risk.

Q: I started taking strontium after reading your articles about it. Recently, I read a few articles that say calcium should not be taken at the same time as strontium and that strontium should be taken on an empty stomach. What is your opinion on these statements? — Viva I., via e-mail

A: For maximum absorption of strontium, those articles may be correct. However, I think the added benefit is negligible. And it's probably not worth the inconvenience of separating strontium from calcium.

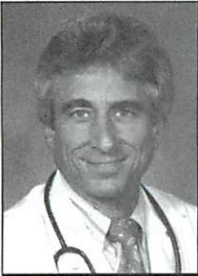
I administer the two together, as do most leading nutritionists. I've done follow-up bone-density scans on patients who took a combination product, such as Osteo-Vi-Min from NutriCology, and have seen improvement after just a few months.

Q: Do you have any information or advise on how to treat Peyronie's disease? I'm particularly interested in natural treatments. — Cal S., Rockville, MD

A: Peyronie's disease is a fibrous contraction of the penis that causes it to curve unnaturally. It can be quite painful. While urination is not severely affected, the bend can harm sexual function. I've used the nutritional supplement PABA (four mg, three times a day) for Peyronie's and Dupuytren's contractures with reasonable success. Rubbing DMSO and SSKI (saturated solution of potassium iodide) into the area might slow or reverse the process. Try it twice daily. You can buy DMSO from most animal supply stores and SSKI is available from your pharmacy by prescription.

Q: I have seen recommendations for taking peroxide orally and for inhaling. Do you recommend these procedures as well? I came across an Internet article by a fellow who swears by inhaling a 3% solution several times a day. I have emphysema, and the inhalation seems appropriate. But I would like to know your thoughts on whether this might cause damage to the lungs. — Gus W., via e-mail

A: I've had many patients who swear by inhaled diluted hydrogen peroxide. Their formula is one pint of 3% H₂O₂ per gallon of water in a humidifier. Chronic lung problems, especially emphysema, bronchitis, and other infections, seem to benefit the most. I'm only conveying their experiences. I cannot formally recommend this to you. There is no scientific data to support its use and I don't know what kind of problems it can cause.



Dr. Robert Jay Rowen's **SECOND OPINION**

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Miracles of Medicine

Illegal Therapy Safely Treats Joint Injuries

If you suffer from joint pain, there's a treatment most medical boards call quackery ... and it's illegal in many states ... but it can greatly diminish your pain.

Take Tanya Ross, for instance. Some years ago, Tanya severely hurt her ankle. She was quite athletic and a runner, which is how she twisted it. Her ankle suffered a tear of the lateral (outside) ligament. Worse, an MRI of her ankle showed fluid and swelling on the internal anklebone and internal joint spurring. The problem was bad. Her ankle actually suffered an internal derangement. Now, at only age 25, she was unable to hike, run, or do repetitive motion with her ankle. This type of injury can lead to chronic and severe arthritis.

When she walked, she naturally moved to protect the damaged ankle. The abnormal movement caused her to develop a secondary injury to her left knee — a tear of her medial meniscus, the cartilage cushion between her femur and tibia.

Tanya traveled hundreds of miles from southern California to see me for prolotherapy. While I thought prolo would do wonders for the chronic tear of her lateral ankle ligament, my real concern was for the inside of the two joints. Allowing the internal injuries to fester could lead to major problems in the future.

I suggested that she allow me to instill ozone into her joints. Ozone stimulates growth factors of cartilage. And ozone is oxygen. The inside of your joints don't have a blood supply. The cartilage and internal joint structures must rely on passive diffu-

(Continued on page 2)

The Miracle Nutrient That Helps Any Diet Burn Fat Faster

(It even works if you don't diet)

If you're trying to lose weight, you've probably tried the Atkins diet, the South Beach diet, maybe even Pritikin, Zone, or Metabolic Typing. And I hope you're even working toward the Living Foods diet.

Well, regardless of which diet you're using, I've got great news for you. There's a nutrient that's as common as vitamin C that can enhance your diet and help you lose weight even faster. In fact, it can help you lose weight even if you're not on a diet!

This nutrient is actually a common denominator in all of these diets. In the 30 years that I've been a doctor, I've come across many theories on weight gain. Some hypothesize that it's the total calories. Some say it's specific calories from fat or from carbs that nail you. Others say it's your metabolic type. But I've always found problems with each one of these diets.

Countless times, I've been told by my patients that they have restricted their caloric intake, but just could not lose weight. It's been clear that there are metabolic factors that enable one person to burn off calories at a faster clip than others. I always thought that exercise was one leading difference, and the other was the particular foods. But there were so many variables that it was difficult to find out which diet each patient should use.

Then I found the Living Foods diet. It works wonders for most people who are able to stay on it. Trouble is, not everyone can stay on it. Those with a chronic illness are usually far more motivated to stick with it, so I always recommend it for them. But what about people who just want to lose weight and have no known disease? Well, I

Miracles of Medicine... continued

sion of oxygen and nutrients from the blood vessels feeding the joint capsule. In normal health, there's enough oxygen to maintain the tissues. But with injury, there's oftentimes not enough oxygen to repair. Any additional oxygen can only benefit the joint.

Tanya was eager to help her cartilage and readily agreed to the ozone. I saw her first in January. At follow-up a few weeks later, she reported very significant improvement, except for mild discomfort during two episodes of running upstairs. Remember, only a few weeks before she could not run at all.

At only her third visit in early May, she walked in the door and flatly said, "Everyone told me that I would be in pain for the rest of my life. This is a miracle!" She rated the improvement 100% when not stressing her joints and at least 80% when stressing them.

Unfortunately, due to extremely hostile pressure from authorities, ozone is difficult to find. Why? Imagine what would happen to Big Pharma's huge pot of gold if there were widespread knowledge of a miraculous and safe remedy for joint pain. What would happen to sales of their chemical potions?

Most physicians in ACAM and ICIM may know who around them does ozone. But IOMA doctors are your best bet (the phone numbers for these organizations are on page 7).

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still recommend the Living Foods diet, but I'm realistic enough to know that few people will fully use it.

What's great about this nutrient is that it helps explain why the Living Foods diet is so effective at keeping off unwanted pounds. I always thought it was calorie restriction, but that was only part of the story.

We know that prior to the 20th century, very few people were obese. We also know the types of foods most of them were eating (mostly natural foods grown in the garden or on the farm).

For our ancestors, there was abundant food in summer and less in winter. But unlike us, they could not ship it in from a far off growing area or preserve it through refining. So winter was a lot tougher for them. Fortunately, our bodies were created with some mechanisms to accommodate seasons of plenty (summer and fall). During these times, our metabolism speeds up and we burn more calories. Then, as we move into the lean seasons (winter and spring), our metabolism slows down and we spare energy for survival.

It's well accepted among the medical community that fat storage does fit into the model of surviving lean times. In today's world, calories are abundant during all four seasons. But if this model is correct, why aren't we burning off the extra calories in these times of abundance?

Believe it or not, the answer is quite simple. Could the number of calories you burn be determined by how much *calcium* you're ingesting?

Calcium intake in America is woefully deficient. The RDA was recently increased from 800 mg to 1,200 mg if you are over 50. Still higher intakes (1,500 mg) have been recommended if you're over 65 by a NIH consensus panel on calcium intake.

Major studies have shown that older men and women have mean calcium intakes of only 596 and 475 mg respectively! Only 66-75% of younger adult women reach even the 800 mg level! It's estimated that our ancestors ate 2,000-3,000 mg of calcium daily, three to five times the daily intake of American adults today.

Well, it's one thing to say we're deficient in calcium, but it's a real leap of faith to jump from fats, carbs, and total calories to calcium. So what's the evidence?

Does extra calcium really speed weight loss for us? Absolutely! One study showed that only two cups of yogurt added to the diets of overweight patients (with no other changes in diet or exercise) caused an average loss

of 10.56 pounds in one year. And here are the results of three other studies:

- Young women who had the highest intakes of calcium lost the most weight and body fat on weight control programs ... regardless of exercise level.
- Only 1,000 mg of additional calcium in your diet can result in a 17.6-pound difference in body weight.
- Higher levels of calcium may prevent fat storage, and more calcium may raise metabolism, thus, burning more calories.

Not convinced? Look at this:

- Each 300 mg increment in regular calcium intake is associated with approximately 2.2 pounds less body fat in children and 5.5-6.6 pounds lower body weight in adults. Calcium can reduce weight substantially, perhaps by as much as 70%.
- Women at midlife with low calcium intake gain about 1-2.5 pounds per year. In contrast, those women taking the RDA amount of calcium show a slight negative weight gain each year.
- If you're trying to lose weight on a calorie-restricted diet, increasing calcium will accelerate your loss of weight and body fat stores.

Dr. Robert P. Heany reported in the *American Society for Nutritional Services*, "The data suggest that the effect of calcium deficiency on obesity ... is likely to be as large as, or larger than, the corresponding effect on osteoporosis prevalence.... The data presented in this analysis suggest that the prevalence of obesity in women could be reduced by 60-80% by ensuring (adequate) calcium intakes."

The evidence supporting calcium as a miracle weight-loss nutrient is truly amazing. But what is it about calcium that causes it to shed the pounds? The answer lies in a seeming paradox. The more calcium you have in your diet, the less you have in your cells. You see, calcium is present only in the tiniest amounts inside your cells (intracellular) and soft tissues — 10,000 times less than outside your cells. But you have a tremendous amount in your bones and teeth.

On the other hand, calcium's counterpart, magnesium, is abundant inside your cells and soft tissues. If you don't take enough magnesium, calcium's natural antagonist, it allows excess calcium to migrate into your cells (where the magnesium should be). Inside your cells,

HEALTH NOTES

Lose 33 Pounds a Year Without Going to the Gym

If you want to lose weight, simple activity may hold the key, not the gym.

Researchers at the Mayo clinic recently found that *your* everyday pacing, fidgeting, and restlessness may play a bigger role than workouts. In the study, the researchers discovered that obese people sat for about 150 minutes more a day than lean subjects. The researchers stated that if the obese people could match their lean counterparts in movement behavior, the calorie expenditure could result in 33 pounds of weight loss per year. And the gym is NOT necessary.

The study followed 10 lean and 10 obese participants. They were fitted with special underwear equipped with sensors to monitor their every movement. All food came from the study, so that there were no questions about calorie intake. The groups then switched diets. The obese had their diets cut by 1,000 calories a day and the lean were fed an additional 1,000 calories.

Over 150,000,000 bits of data were collected and analyzed, making this a unique study. "I think our study is a beacon of hope, because 50 years ago, our biology was the same, but obesity was not prevalent in America," said the study's lead author, endocrinologist James Levine. "If we can revert to the activity levels of 50 years ago, we have the potential to reverse our obesity."

This study provides great hope to anyone wanting to lose weight. I always believed that my lifetime lean mass has been due to my constant activity, both physical and mental. I'm not a gym buff. But I do get intermittent rigorous activity outdoors. Any activity increases thermogenesis — heat creation from calorie expenditure. However, when I don't have time for rigorous activity, I've never been bothered with weight, even if I dramatically increase my calorie consumption.

This is great news for weight manage-

(Continued on page 4)

HEALTH NOTES ... continued

ment. Just increasing your everyday activity and moving along the steps to a living foods diet will help you easily shed the pounds.

Ref: *Journal of Science*, January 2005.

I Told You So on HRT

I can't help but rub it in. Hormone replacement therapy was pushed on the American public for a generation or more. The drug pushers said it would prevent just about everything. They never produced any science, just sales.

The drugs (and the salesmen) were finally discredited years after you were warned about them in these pages. Yet here's yet another nail in the HRT coffin: A five-year study on 23,700 women aged 50-79 found that hormone drugs made from horse urine increased the risk of urinary incontinence among continent women. It also made those who were already incontinent even worse after just one year of use.

What was the cause? I believe the excreted chemicals found in horse urine cause incontinence. Even the horse doesn't want these chemicals. That's why she passes them. When administered to women, these chemicals increase incontinence. Obviously, there's very limited reasons to be on HRT.

Ref: *Jour. Amer. Med. Assoc.*, February 23, 2005.

The Only Drink That Prevents Bladder Cancer

Bladder cancer is the fifth most common cancer in the U.S. But you can easily

(Continued on page 5)

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calcium wreaks havoc. It blocks magnesium-dependent, energy-producing, and metabolic enzymes. It's a virtual poison to your mitochondria (your energy furnaces). Your cells' energy production becomes impaired leading to degenerative diseases and blocked energy production.

We have uncontested evidence that certain diseases are characterized by elevated intracellular calcium and deficient intracellular magnesium. These include Type-2 diabetes, metabolic syndrome (insulin resistance), hypertension, heart disease, and others. Obesity is one of the metabolic syndrome diseases (these include Syndrome X).

Respected researchers have discovered that Syndrome X has an underlying excess of intracellular calcium. The high intracellular calcium binds and inactivates your enzymes. It sends out messages to constrict, raising blood pressure, while magnesium does the opposite — it relaxes. Dr. Resnick stated that the more intracellular calcium and less magnesium measured, the more severe the manifestations of problems. One of the most obvious manifestations of the imbalance is *abdominal fat*.

Still not convinced? Take a look at this: A recent study, published in *JAMA*, has shown an exciting effect of higher calcium intake and insulin resistance (metabolic syndrome) in young adults. This was a prospective study (the best kind) on 3,157, aged 18-30 years old. Higher dairy product consumption was associated with less insulin resistance, including less obesity, lower blood pressure, lower blood sugar, and lower blood fats. However, the results were seen only in overweight people, not the leaner population. The researchers estimated that each additional serving of dairy products lowered the risk of metabolic syndrome by 21%.

Most people know that dairy is one of our main sources of dietary calcium. Milk products definitely have benefit in this area. However, I continue in my cautions about milk. Cow's milk is high in acid-producing phosphorus and protein; and low in magnesium. Pasteurized milk delivers denatured protein. If raw-milk products are available, I believe they are a far better alternative. Dairy should absolutely be organic!

Other natural dietary sources of calcium are abundant in raw-soaked nuts, seeds, and vegetables. And this is why the Living Foods diet works year round. It keeps your calcium and magnesium consumption very high. It prevents any imbalances from occurring and it keeps your metabolism high.

In the winter, when vegetables are scarce and vitamin D levels are low (from a lack of sunshine), our calcium intake and absorption (thanks to vitamin D) are a lot lower. Our body interprets the lack of calcium as a sign that good food isn't available. So it slows down your metabolism and energy production to keep you from starving.

In the "real world," this would be to our advantage. But in our artificial world of year-round food transportation, it's a major problem. The low intake and absorption of calcium signal your body to enter a "hibernation" mode, slowing down your metabolism for the winter food shortage. However, your calorie consumption remains high all year. With the calcium metabolic alterations, there's just no way for you to burn it off. Even calorie restriction without adequate calcium will result in further energy conservation by your body.

Action to Take

(1) Increase fruit and vegetables, which are loaded with both calcium and magnesium, and reduce your protein intake (high protein diets encourage calcium excretion). I strongly prefer a calcium-loaded diet to supplements. Remember, our ancestor's intake of an estimated 2,000-3,000 mg calcium daily was not accomplished with pills.

(2) If you do want help from supplements, I prefer calcium as citrate or lactate (calcium *lactate* has nothing to do with the *lactose* of dairy). But please be sure that you balance calcium with magnesium (citrate, glycinate, or lactate) at least 2:1 and preferably 3:2. Calcium supplementation is usually very safe. In fact, one report stated that calcium intakes up to at least 2,500 mg daily are safe for virtually all patients. You might just be able to lose inches and pounds without draconian calorie restriction just by optimizing your calcium balance!

Here are two final, but very important tidbits. (1) If you have hypertension that's *not* sensitive to salt, too much calcium could make your blood pressure worse. So talk to your doctor before adding extra calcium via supplements. (2) The science strongly suggests that higher calcium will be far more effective at weight loss if your food consumption is below the average for your body mass. In other words, if you're overeating, please don't expect any nutritional intervention to override your caloric abuse.

Ref: Kelley's Textbook of Internal Medicine, 2000; American Society for Nutritional Services, 2003, p. 268S-270S; J Dairy Sci, May 1994; JACN, April 2002; Lipids, February 2003; Experimental Biology, 2000; Conference, San Diego, April 21, 2000; FASEB J. June 2000; JACN, November 2000; J. Clin. Endocrin. Metab, December 2000; Southwestern Med. Cent. Report,

HEALTH NOTES ... continued

prevent it simply by drinking my favorite beverage.

Green tea has just been shown to inhibit the growth of bladder cancer cells in the lab. Now that doesn't translate into a bladder-cancer fix in humans. However, take a look at how it works and you might just want to increase your consumption of the tea.

The researchers found that green tea makes the cancer cells more mature and stick together more tightly. Cellular adhesion makes the cancer more localized and less likely to spread.

There are other mechanisms by which it might work. I believe green tea alters the oxidation/reduction state (redox) of cancer cells. Redox could be the final frontier of cancer research. I've been using green tea in most of my cancer clients for years.

Action to take: The only liquid I recommend drinking other than water is green tea. Green tea is not totally free of problems. All teas have naturally occurring fluoride. It's not clear how much of a problem naturally occurring fluoride is. However, I think if you're getting plenty of iodine (as in seaweed, kelp, or higher potency supplements, such as Iodoral), you will encourage your body to eliminate fluoride and reduce any toxic effects. I drink plenty of green tea. And Iodoral is one of my few regular supplements.

You Heard It Here First — Low Fat for Diabetes!

That's low *fat*, not low *carbs*. I told you in June that an Atkins-type diet can actually make diabetes worse. Now there's even more evidence that this is true.

The results of a new study show that cardiologist Dean Ornish's very low-fat diet has scored a significant breakthrough in reversing this terrible disease. His researchers followed 461 diabetics who had heart disease or at least two risk factors (such as hypertension and high cholesterol). They embarked on a diet of just 10%

(Continued on page 6)

HEALTH NOTES ... continued

fat, emphasizing whole grains, fruits, and vegetables (the average American eats about 30-40% fat). They also exercised at least three hours per week (most with a brisk walk) and had one hour a day of stress management. Finally, they had two-hour group sessions twice a week offering health education and mutual support.

After only 12 weeks, their average weight loss was 12 pounds. Their blood sugar, blood pressure, and LDL (bad) cholesterol fell significantly ... and 39% were able to reduce or eliminate their diabetes drugs.

Action to take: I repeatedly stress life-style changes as the least expensive and most effective way to heal you. The proof is in the pudding. Please take your health back from Big Pharma and the drug pushers. It's NEVER too late to make these changes.

How a Whirlpool Can Spread Tuberculosis

Are you a woman who frequents salons for pedicures? Careful!!!! There have been reports of hundreds of women infected with tuberculosis-type bacteria from salon pedicures. Here's why: Most women shave

(Continued on page 7)

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2003; *JACN*, April 2002; *J Clin Endo. Metab.*, December 2000; *Lipids*, February 2003; *Resnick, L., Prog Cardiovasc Dis.*, July-August 1999; *Osteoporosis Int.*, February 1991; *J. Nutr.*, January 2003.

The Asthma Treatment That Also Works Great for Emphysema

If you have asthma, emphysema, or chronic bronchitis, you know how it is to literally have your breath taken from you. One man once told me it's like the feeling of getting winded in a marathon, but without the exercise. Those of us fortunate to have a good set of lungs take it for granted.

While smoking is a major cause of COPD (chronic obstructive pulmonary disease), many sufferers of the disease never lit up even once. That's because there are genetic causes of emphysema. One is caused by a deficiency of alpha-1 antitrypsin. Chronic bronchitis is a result of a series of lung infections causing destruction to the architecture of the airway. It could be triggered by smoke or toxin inhalation, allergies, weakened immune system, passive exposure to smoke, and many other causes.

Several years ago, a well-known naturopath, Davis Lamson, ND, and a colleague reported on a 95-year-old man with emphysema in a wheelchair hooked to an oxygen tank. After three days of twice daily-inhaled glutathione, he returned to the doctors without his oxygen tank or wheelchair reporting he could breathe better than he had in years. That's pretty impressive.

My wife, Terri, and I have used it sporadically with positive results, but nothing this dramatic. However, new research is breathing life into this intriguing therapy.

Glutathione is a premier antioxidant and heavy metal scavenger (remover). Dramatic research has linked lower or declining levels of glutathione to HIV infection progressing to AIDS, advancement of hepatitis damage, and even heart attacks. It's has been known for many years that providing nutrients with "thiol" (sulfur-based) chemical groups would loosen thick lung secretions. These tenacious secretions often lie at the distress of COPD, obstructing compromised airways.

Now researchers have linked lower glutathione to COPD. They found that COPD patients had a lack of glutathione in their sputum (the matter coughed up and spit

out). In the study, 25 healthy individuals were compared to 25 people with COPD. The healthy individuals had an average level of glutathione that was 40% greater than the COPD participants.

The problem with trying to orally increase glutathione is that your stomach breaks much of it down in the digestion process. So nutritionists have been working with ways to get your body to increase its own production of this awesome substance. Directly inhaling glutathione into your lungs is a great way to beat the digestive problems associated with this nutrient.

If you have COPD, consider asking your preventive medical doctor to try this simple procedure. The protocol calls for 300 mg (tell your doctor it requires 1.5 cc of standard compounded solution of 200 mg/cc) glutathione plus one-tenth of an ounce (3.5 cc) saline solution in a nebulizer. Inhale this over 5-10 minutes. Nebulizers mist the solution into an aerosol for easy entry directly into your lungs. There glutathione can work locally or be absorbed through the lining of your lungs. Nebulizers are relatively inexpensive as far as medical equipment goes, often less than \$200.

Many, but not all, of our patients who have tried it have seen improvement in their breathing and respiratory well being. We have not seen any negative effects, nor would I expect to. Remember, your body needs this nutrient. There also have been reports of significant benefit in cystic fibrosis. On rare occasion, some very severely compromised patients have been irritated by the nebulized solution. But for routine COPD use, it's very safe.

Ref: *Chest*, October 2004; *Altern Med Rev.*, 2000;5(5):429-431.

Correction: On page 8 of the July issue, the correct dosage of PABA for treating Peyronie's disease is 4 GRAMS, three times daily; not 4 mg three times daily. You can order 500 mg tablets from Life Extension (800-544-4440) and many other health food stores (you'll have to take eight tablets, three times daily). I apologize for the error and any confusion it caused.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association —
For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine —
866-464-5226 or www.icimed.com
- American College for Advancement in Medicine —
800-532-3688 or www.acam.org

HEALTH NOTES ... continued

their legs before going to the salon. Shaving causes tiny micro breaks in the skin. These are like an open door for germs.

Mycobacterium fortuitum and *chelonae* are two that can be found in tap water. They can grow in the filter systems of the salon whirlpools used for footbaths. Then they just have to find a host to enter. They are very difficult to treat, sometimes requiring up to six months of multiple antibiotics.

Action to take: Any disinfectant other than ozone or hydrogen peroxide is a chemical I would not want touching my skin. I wouldn't put my feet or legs in any public whirlpool. You shouldn't either. Prevention is your best bet.

Ref: *Family Practice News*, April 15, 2005.

Delta Immune Is Available

Many of you have written and called expressing your frustration about the availability of Delta Immune, the fantastic new acidophilus formula from NutriCology. I'm happy to report that the product is available.

NutriCology has changed the name from Delta Immune to Russian Choice Immune and you can buy it direct from NutriCology by calling 800-545-9960 (or from Farmacopia 800-896-1484).

Dr. Steven Levine told me they're assaying every batch. That means you're assured of getting a top-quality product every time. There are many other distributors, so look for it both on the Internet and in health food stores. Shop for the best price.

Coming Next Month...

- The best thing you can do to save your knees. It works so well, it even helps your heart.
- The conventional stroke treatment that's twice as likely to kill you as aspirin.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: What do you think of Rutozym? It appears to have the right amount of nattokinase, but I've not seen you mention it. Since the same company that makes Wobenzym makes it, I would think it's a trustworthy product. Is it? The nattokinase from Mountain Home Nutritionals does not come in an enteric-coated capsule, just a regular capsule. Is that sufficient for proper absorption by the body? — *Richard E., New York, NY*

A: Wobenzym is a fantastic product. Rutozym, also excellent, is a blended product containing other enzymes besides nattokinase. In the articles I've written about nattokinase, my focus was on nattokinase for its singular fibrin and clot-dissolving properties, rather than a combination enzyme product.

I consider nattokinase (and lumbrokinase) the kings of clot-dissolving enzymes. For those who are looking for something that is specific to clot busting or clot preventing, I think it pays to take the single

enzyme rather than a combination containing less-effective enzymes.

Regarding enteric coating, it appears that's not necessary. The safety and efficacy studies are done with pure nattokinase in capsules, not enteric coated. However, I greatly prefer the enteric coated just from experience.

The president of NutriCology, Steve Levine, is a friend, who is highly respected for his integrity and the quality assurance of the products he distributes. He advised me that he has nattokinase assayed both at the time of purchase of the raw material, and again after it's encapsulated. And not by just one testing lab, but two ... and by the procedure developed by Dr. Sumi, the discoverer of nattokinase.

Please don't take these comments as a criticism of any other company or product. It's just that with such a potentially serious situation as risk of clot or embolism, you don't want to take any chances. Dr. Levine makes sure his product sets the gold standard for its activity. Not all vitamin products have what they state on the label. Unfortunately, that's one of the shortcomings of the industry. It's for that reason that I limit my product names to ones I trust implicitly from years of experience in the field. When it comes to nattokinase, I recommend only NutriCology's product. If you decide to take another company's product, make sure they follow the same steps to ensure quality.

Q: Do you have any way to cure chronic sinusitis? — *Mitch B., Simms, TX*

A: Unfortunately, no "cure" for any condition will work for every person. Reason? A "diagnosis" is simply a description of the problem, not the underlying condition. But there are things you can try. In your case, the cause could be dairy allergy (the cause in 70% of childhood cases) or another food. Mold,

other domestic allergens, or an unknown toxin also could be the issue. I've used vitamin A (100,000 units daily) and vitamin C (four grams daily) with significant success when all else failed.

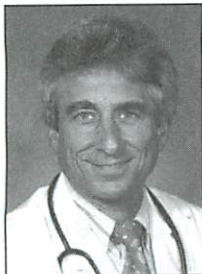
I've seen many cases caused by a problem in the teeth or mouth (root canals, jaw-bone infection, old tonsillectomy scars, etc.). In these cases, neural therapy and dental work tailored for the personal situation could provide relief.

Q: We want to thank you for your prescription eye drops. A year ago, my wife, Joan, went in for her yearly eye examination. She's seen the same doctor every year for about 15 years. He told her she needed cataract surgery in one eye and would probably need the other eye done next year. The doctor scheduled her for surgery.

Joan decided to try your eye drops first, containing glutathione, DMSO, and vitamin A. She also used Mucor eye drops, two times daily. She went back to see the doctor this month (one-year after being told she needed surgery). The doctor said she does not need surgery! The cataracts are still there, but greatly reduced in size. As an aside, her prescription for glasses had not changed enough to warrant new glasses.

We are, indeed, grateful to you and for your *Second Opinion* newsletter. Your "Second Opinion" really paid off! — *Thomas & Joan Harms, Morgan Hill, CA*

A: This is great news. I'm so excited the drops are working for you! They don't work in every case, but they've worked in many of the cases I've treated. If any other readers have similar stories, please write to me and let me know. I'd love to hear your story.



Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Improve the Effectiveness of Your Cholesterol Treatment

If you're using any treatment, alternative or conventional, to lower your cholesterol, there's a nutrient that can improve the treatment's effectiveness and help you avoid a heart attack.

A National Institutes of Health study shows that patients who use this nutrient along with statins can lower their risk of coronary problems by as much as 80%.

The double-blind, placebo-controlled study was presented at a recent meeting of the American College of Cardiology by Dr. Xue-Qiao Zhao. It followed 77 coronary artery disease patients with syndrome X (insulin sensitivity) for 36 months. They were divided into two groups, one that received simvastatin (10-20 mg daily) and niacin (two to four grams daily) and the other group received a placebo. Both groups were followed for all coronary events including death.

Dr. Zhao said only 18% of those taking the combination had events compared to 30% for those on placebo.

Another 83 patients without Syndrome X were followed. In this group, 14% of placebo patients developed heart problems compared to just 2% of those taking the combination.

In other words, there was an 80% reduction in events in those without Syndrome X and a 40% reduction in those with insulin intolerance. Most statins reduce coronary events by only 23-34%. That's a substantial boost in effectiveness.

The researchers initially thought the results were due to a decrease in insulin

(Continued on page 2)

Redesigned Supplement Fights Breast and Prostate Cancer

I showed you last month how a fairly popular supplement, indole-3-carbinole (I3C), is coming under scrutiny because of concerns about its safety. The evidence that this supplement may encourage cancer is really beginning to stack up.

You may remember from last month's article that some estrogen byproducts are good (2-hydroxy estrogen) and some are bad (16-hydroxy estrogen and 4-hydroxy estrogen).

The manufacturers of I3C say the product helps your body produce more of the good estrogen byproducts. This is true. But what was not known, until recently, is that I3C also produces 4-hydroxy estrogen — definitely one of the bad guys. This estrogen byproduct is a major producer of inflammation and toxic free radicals. And it can lead to cancer, heart problems, and many inflammatory diseases, including arthritis.

What we need is a product that can help the body create more good estrogen byproducts and reduce the number of all the bad byproducts. The good news is there's a dietary supplement that can do all this, and so much more.

In fact, there's strong evidence this supplement can help prevent all hormone-related cancers, including breast, prostate, and uterine cancers.

The supplement is a nutrient commonly found in broccoli and cauliflower. You know I love vegetables, and cruciferous vegetables are strong medicinal plants. Well, our old friend DIM (diindolylmethane) is one reason these veggies are such powerful healers.

DIM is a supplement I've long supported and used. It works by preventing the unwanted damage caused by

HEALTH NOTES... *continued*

sensitivity. But the insulin and glucose levels remained the same in both groups, indicating that the effect was not based on alteration of insulin sensitivity.

Niacin is a very effective treatment that can enhance your cholesterol treatment. However, I don't recommend statins. There are better ways to control your cholesterol, including policosanol, guggul, essential phospholipids (Lipoflow), red rice yeast, and magnesium. All of these have cholesterol-lowering ability, and have been proven to lower coronary events on their own. In combination with niacin, which also lowers cholesterol, the benefits might be multiplied.

If you do want to take statin drugs, for whatever reason, this is good news. Just be sure to take CoQ10, since all statins lower the body's production of this critical nutrient.

If you'd like more information on why statins aren't a safe way to lower your cholesterol, there are many articles on my website that detail the problems these drugs cause. There's also a lot more information on the nutrients I've mentioned here.

Popular Blood Thinner Causes Ulcers

The FDA and the drug companies are under heavy scrutiny these days ... and with good reason. Here's more proof that if Big Pharma were to disappear today, more

(Continued on page 3)

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excess estrogen and man-made poisons (called xenobiotics). When your body detects these toxins, it responds by increasing the production of a chemical receptor in your cells called AhR (aryl hydrocarbon receptor). When AhR reacts with the excess estrogen or xenobiotics, it creates the dangerous 4-hydroxy estrogen.

Your body constantly fights against toxins, so it's creating these estrogen byproducts daily. When your body creates too many bad estrogen byproducts (due to an overload of estrogen or xenobiotics), it causes inflammation — the cause of many diseases.

Unlike I3C, which is considered unstable and reactive in your body, DIM is a stable byproduct of I3C. Because it's the favorable end product of I3C, it has more specific and limited effects on estrogen. DIM produces a more modest increase in the beneficial 2-hydroxy estrogen. And it decreases 4-hydroxy estrogen by 20% or more.

But, most importantly, DIM does all this without activating AhR! In fact, it does the opposite, which sets DIM apart from I3C.

Just How Effective Is DIM?

In a landmark study published in 2004, Harvard researchers followed DIM into the nucleus of the cell and showed that it shut down the AhR system. They found that DIM actually binds the AhR receptor protein and hauls it into the nucleus. That process turns down (or off) the trouble-causing AhR. With AhR activity reduced, carcinogens become less dangerous (they do far less damage when left alone). This is a protective mechanism against xenobiotics never before described.

When study participants were given DIM, just 100 mg daily increased the ratio of 2/16 by 40%. When given 300 mg daily, the ratio increased by 100%.

Now remember, women with the lowest 2/16 ratio have the highest subsequent risk of developing breast cancer. So increasing the ratio by 40-100% greatly decreases their risk of getting breast cancer.

Not All DIM Is the Same

While the research behind DIM is pretty amazing, there's a new form of DIM that is even more spectacular. In fact, new studies show that the typical crystalline DIM doesn't have as strong of an impact on the ratio of 2-hydroxy estrogen to 16-hydroxy estrogen as a newly redesigned form. Why? Because DIM is not very soluble.

Solubility is a key factor in nutrient absorption.

The new form, which was designed for high absorption, significantly increases the 2/16 ratio and fights disease. Just look at what it did for colleague Roger Servin:

It's a Powerful Prostate Protector

Roger is a holistic health practitioner from Naples, Florida. At 75, his PSA was 4.7. So he started taking 150 mg, two times daily of the new DIM. Within six weeks, his PSA fell to 4.1. Six months later, it was 4.0. "My body fat has gone down as well, from 14% to 10% and my stomach has hardened up. I have the body of a young man," he told me.

And this isn't a one-time occurrence. In a pilot clinical study, using the new form of DIM, 11 of 12 men saw a statistically significant fall in their PSA.

Dr. Michael Zelig, who performed the study (and manufactures the product), said, "In at least two of these men, the use of this supplement has resulted in the disappearance of abnormal prostate cells on repeat biopsy, after preliminary biopsy showed prostate intra-epithelial neoplasia (PIN). PIN is a precursor lesion to prostate cancer with similarities to cervical cancer." PIN is equivalent to cancer before it has invaded tissue. DIM appears to enhance the cell death of abnormal prostate cells.

These are results we've not seen with traditional DIM products.

What About Breast Cancer?

Remember the results of the Harvard study on regular DIM and breast cancer? They were pretty impressive. However, the new DIM significantly outperformed its older cousin. This time, researchers studied breast cancer survivors. The subjects were treated with 300 mg of the new micro-encapsulated DIM formulation, which contains 75 mg of absorbable DIM. In these women with a history of breast cancer, their 2/16 ratio increased by 60% compared to 0% change in the control group.

This, along with the Harvard study, proves that the 2/16 ratio can be modified in those who get cancer. And it also proves that women who are at higher risk can reduce their risk even more by using the new form of DIM. (The study also showed that recurrent breast pain, called cyclical mastalgia, could be dramatically improved with DIM, by about 66%.)

HEALTH NOTES... continued

people would be alive tomorrow.

Plavix is the 12th best-selling prescription drug on the market, with \$2.2 billion in sales each year. Like many Big Pharma potions, it's heavily promoted to unsuspecting people on television. They're encouraged to go to their doctors and beg them for a prescription. Why? Well, it's been touted as a safer alternative to cheap aspirin to prevent blood-clotting problems.

The big problem with aspirin is that it causes intestinal bleeding and ulcers. A new study, however, shows that Plavix is eight times as likely to cause an ulcer as aspirin.

A Hong Kong study was the first to look at patients who had already suffered from an ulcer in the past. (The original studies on Plavix, which showed the drug to be safe, were performed on healthy people with a normal ulcer risk.) In the new study, 320 patients were assigned to either Plavix or aspirin. Eight percent of the Plavix group got a recurrent ulcer, compared to only 1% of the aspirin group. In other words, if you've had an ulcer in the past (usually caused by aspirin, thus the need for something different), Plavix is eight times more likely to give you another ulcer than aspirin.

This study could upend treatment guidelines for thousands of Americans duped into thinking this expensive chemical was safer than aspirin.

Of course, and as always, the Big Pharma company (in this case Sanofi-Aventis) defended its chemical. A spokeswoman said that it has been used by millions worldwide with a good record of safety. Well, so were Celebrex, Bextra, Prozac, Vioxx, Premarin, and dozens of other drugs. Then, someone other than the manufacturer actually looked for problems.

Big Pharma chemicals are initially tested on healthy volunteers! That's how the companies can legitimately (but in my opinion fraudulently) present good safety data to the FDA. However, when approved, the chemical is used on the real target audience — sick people whose bodies are

(Continued on page 4)

HEALTH NOTES ... continued

more fragile than healthy, robust, and strapping 25-year-old male test subjects. Then you begin to see the real problems.

You need only to look at why Plavix is now in trouble to understand the whole fraud of Big Pharma.

Action to take: If you need thinner blood, you don't need drugs. Simply go to my website (www.secondopinionnewsletter.com) and search the archives for my recommendations for atrial fibrillation. I also recommend you read my articles about nattokinase. These are healthier alternatives that work.

Is Breast Cancer Surgery Really Necessary?

I'm often called a quack for providing nutrients or herbal remedies that aren't proven to scientific "satisfaction." If that's the definition of a quack, then I'm guilty as charged. But so is conventional medicine. The difference is my quack solutions are safe and effective! I wish I could say the same for conventional medicine.

Take mastectomy as a case in point. For generations, chopping off a breast with even the tiniest amount of cancer and dissecting out the whole armpit for lymph nodes has been the standard of care. It's barbaric! You have a very high risk of arm dysfunction and untreatable lymphedema (swelling in the lymph nodes).

In fact, a British study confirmed 37% of women had some loss of arm sensation at six months with a total axillary dissection. They also had higher rates of lymphedema.

(Continued on page 5)

To order special reports,

books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

Proof That DIM Lowers Your Risk

Fortunately, we now have the technology to further prove how effective DIM is.

You know I'm a fan of breast thermography, the scanning technology that looks at heat emissions within the breast. The more heat that shows up on the scan, the more likely you are to get cancer. I've seen two documented cases where abnormal breast thermograms were reversed on a program that included using the new formulation of DIM.

One went from a moderate risk to a low risk. Additionally, this woman reported more stable moods, increased energy levels, less abdominal girth, and an easier time losing weight.

I've seen evidence that uterine fibroid tumor size can be reduced over months with DIM. Fibroid tissue is estrogen sensitive.

I've also heard plenty of anecdotal evidence. One woman I spoke with, Barbara Rogers, told me an incredible story. Barbara was having monthly breast pain so bad that it was difficult for her to sleep or even have her children sit on her lap. Anything touching her breasts, no matter how light, caused severe pain.

A doctor suggested the new form of DIM. Within a few months, the pain vanished! She continued it for two years. Then she stopped. "I did not understand the name 'DIM' and was a little afraid of it. So I began natural progesterone, after reading of its benefits. Within a few months, the pain returned, nearly in full. I stayed on the progesterone for one-and-a-half years. The pain remained. Then I went to another integrative physician who recommended restarting the DIM and stopped the progesterone. Within a few months, my breast pain was all gone again."

Action to Take

I strongly suggest you begin taking a high-quality DIM product. I now consider it the most important supplement for both men and women. My preference is a patented formulation of DIM found in the product BioResponse DIM. While I'd like to see more independent research on this formulation, what I have seen is impressive. This unique formulation combines DIM with vitamin E and phosphatidyl choline in a process with a starch matrix. This makes it absorbable.

Just two 150 mg capsules provide absorbable DIM equivalent to eating about two pounds of raw broccoli. I

recommend one per day for prevention, and two per day (one twice daily) for sustained continuous benefits if you have any inflammatory disease (especially cancer).

I don't know of any studies evaluating DIM's effects on invasive cancer. But this information strongly suggests a powerful role in its ability to fight hormone-related cancers. It's safe, relatively inexpensive, and a natural substance with no known risk. I know of no downside to DIM.

You can find "BioResponse DIM" — containing DIM products in many health food stores. Or search online for "BioResponse DIM." Shop for the best price.

I also recommend the book *All About DIM* by Dr. Michael Zelig, who was a big source of information for this article. The book is available from Vitality Fit (888-485-5851) and through most bookstores.

Ref: *Eur J Cancer Prev.*, 2004 February;13(1):83-6; *Carcinogenesis*, 2000 August;21(8):1593-9; *J. Biol Chem.*, June 2003.

Molecular and Cellular Biology, November 2003, p. 7920-7925, Vol. 23, No. 21.

Magnesium Will Dramatically Cut Your Heart Attack Risk

(But you have to know how to take it)

A few months ago, I said the first nutrient you should take for lowering your cholesterol is magnesium. Now there's evidence that magnesium will do a lot more for your heart than just lower your cholesterol.

I've repeatedly mentioned in these pages that your cholesterol numbers mean very little. What's far more important is what your body does with cholesterol. If your overall cholesterol is high, but your HDL is high as well, your body is likely handling the high cholesterol very effectively.

So if you want to accurately evaluate your heart health, you have to look much deeper than cholesterol. One of the best markers for determining your vascular health is C-reactive protein, or CRP. CRP is a marker of inflammation.

According to a recent study, the best way to reduce your chances of having a heart attack is to have your LDL cholesterol below 70 mg/dL and CRP below 2 mg/dL. A rise in either marker will cause an equivalent rise in risk.

HEALTH NOTES ... continued

Even though it's standard treatment, mastectomy and lymph node dissection have never been put to the test ... until now.

Recently, a federally funded study showed that removal of just one to three key lymph nodes (called sentinel nodes) gives at least a 90% accurate diagnosis of breast cancer spread. In the study, 5,260 women were divided into two groups. One had sentinel node biopsy and the other had the full dissection. Only 14% who had the sentinel node approach had any loss of arm sensation or lymphedema. Better late than never, I guess, to stop barbarism.

Now there's even a better question that the pundits will likely never evaluate: Is it good to do any surgery at all?

Many years ago, a study found that chemotherapy (with agents added to make it more effective) was as effective as surgery plus chemotherapy. You see, just like men with prostate cancers, many breast cancers will never progress to kill a woman. Problem is, we just don't know which ones will or won't.

Additionally, it's my supposition that by the time a breast cancer is large enough to be detected by palpation, it has spread. And many cancers detectable by mammography, especially the type called DCIS (ductal carcinoma in situ) will never cause a problem.

Further, the latest cancer research confirms my previous reports to you. Removal of a primary tumor lesion often leads to more rapid growth of secondary tumors. It's like the primary tumor acts as a hedge against the secondary tumors. Its presence suppresses angiogenesis (blood vessel growth) in the secondaries. Take out the boss, and the auxiliaries are free to raise havoc.

Action to take: With this study, it's a no-brainer not to have all your nodes removed. And that pertains to any cancer surgery. If you do have reason for biopsy, absolutely refuse lymph node dissection. Neither Terri nor I would consider any type of lymph node biopsy. Our belief is that if it's in the nodes, the cat's already out of the bag. The cancer has already spread,

(Continued on page 6)

HEALTH NOTES ... continued

and taking out that one node is unlikely to make any difference in the long run.

Of course, your first action should be prevention. Stick to my dietary advice. Regarding nutritional supplements, please search previous editions of **Second Opinion** on my website. I also suggest you look for degenerative changes years ahead with thermography. It can see abnormal cell growth before it turns into cancer. This is far superior to mammography, which detects cancer AFTER it's already there.

Ref: Associated Press, December 9, 2004.

Significantly Reduce Hot Flashes With a Seed

If you are troubled with hot flashes and don't want to take an extract of horse urine (Premarin), I've got some great news. One of my favorite foods, flaxseed, was just found to curb troubling hot flashes.

Dr. Lorraine Turner reported her findings at the annual symposium sponsored by the Breast Cancer Therapy and Research Center. She took 85 postmenopausal women who experienced at least five hot flashes or night sweats per 24 hours. The women were provided with 40

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Dr. Paul Ridker presented these findings at the annual scientific session of the American Heart Association.

But the best news about Dr. Ridker's study was that he determined the best way to lower your risk factor isn't by taking drugs. It's best done through smoking cessation, exercise, and diet.

While I would agree that these are vital to your heart health, there's even more you can do to lower your CRP levels. I'm very pleased with the CRP-lowering ability of the spice turmeric and its powerful anti-inflammatory ingredient curcumin. You can also lower your inflammation with foods such as ginger, garlic, onion, ginkgo, green tea, and proteolytic enzymes such as bromelain.

However, there's something that works even better — magnesium.

Dr. Dana King led a team of researchers who followed 5,021 adults in the National Health and Nutrition Examination Survey (NHANES) database. The team found that 75% of the adult population studied consumed less than 309 mg of magnesium per day. That's nearly 100 mg below the paltry RDA of 400 mg. Those with low magnesium intake had a significant elevation of CRP. That's huge news!

Dr. King noted that most Americans consume magnesium far below the RDA, and that CRP is a marker for ischemic (lack of blood supply) heart disease. "It is possible that increasing dietary magnesium can reduce heart disease risk substantially," she said.

She's absolutely correct, but I think it's still an understatement. Magnesium is the spark plug for hundreds, if not thousands of enzymes in your body. A deficiency of magnesium reduces everything from energy production to immunity. Magnesium is your primary calcium channel blocker. Your cells crave magnesium, which, if sufficient, can keep unwanted calcium from entering your cells. If calcium enters your tissues, it causes tissue calcification and energy-chain poisoning. Magnesium dilates your blood vessels, protecting you from hypertension. It's been used successfully in mitigating the damage of acute heart attacks. And now deficiency is linked to higher CRP!

Action to Take

(1) Have your cardiac CRP levels measured. If elevated, it may be a sign that you're low in magnesium. Magnesium is not routinely measured. Even if it is, usually it's measured as "serum" magnesium, which is the min-

eral *outside* of your cells. Serum magnesium may be normal while your *intracellular* magnesium is low. With Dr. King's findings that 75% of the population consumes less than the RDA, I now believe that red blood cell magnesium should be part and parcel of every lab risk panel.

(2) Take plenty of supplemental magnesium. It's very inexpensive. Unfortunately, taking magnesium from your local drugstore won't help much if you're deficient. Low magnesium levels make it harder for your intestines to absorb the mineral. So injections are preferred by integrative physicians to quickly bring up levels. Two grams of magnesium sulfate injected intramuscularly twice a week has brought relief of fibromyalgia (inflammation) and hypertension to many patients. But you need to see a doctor for that. There is another way, though.

(3) One of my mentors and former NIH researcher Russell Jaffee, MD has a suggestion. A supplement called choline citrate, when taken with water and magnesium, can form small particles called micelles around the magnesium. The micelles can be absorbed fast and without effort by your stomach. Dr. Jaffee suggests that you first take magnesium (200 mg as glycinate, ascorbate, or citrate), followed by one teaspoon of choline citrate in four ounces of water. You can find magnesium at any health food store and choline citrate is available from Farmacopia (800-896-1484). The latter will form micelles around the magnesium and quickly and effortlessly usher the needed mineral into your body.

In the meantime, know that your high CRP could be linked with low magnesium. You should have both checked and consider the wonderful new information provided in these pages for your benefit! Magnesium is found in abundance in many vegetable foods. So make sure you eat plenty of vegetables.

Family Practice News, December 13, 2004.

HEALTH NOTES ... continued

grams of flaxseed food supplements or placebo for three months. Then they switched to the opposite treatment.

The average number of hot flashes dropped by 38% during flaxseed supplementation. The placebo had no significant effect. Interestingly, the decline of hot flashes correlated with a rise in urinary lignans. Lignans found in flaxseed are a type of phytoestrogen, which reduces hot flashes. These lignans are also associated with prostate health in men.

The researchers also noted that a key pituitary hormone, FSH, fell with flaxseed supplementation. FSH is the hormone that stimulates your ovaries to make estrogen. Less FSH means that the safe flaxseed phytoestrogens are, in part, satisfying estrogen needs. Further, there were no problems with the participants' thyroid function. Soy products are used for postmenopausal symptoms. However, many believe soy isoflavones may contribute to hypothyroidism. Flaxseed will spare you of such potential problems.

Be sure to get golden flax from the northern high plains. It's much richer in the valuable omega-3 oils. Golden flax is available in health food stores and on the Internet. My wife, Terri, and I consume lots of ground flaxseed. We toss several tablespoons of flaxseed into a coffee grinder. It grinds it up into a fine powder, which we sprinkle on our salads. While we use the product marketed by Goldenflax4U (877-596-2855 or www.flax4u.com), there are many outstanding products on the market. I'll be reporting more fully on golden flax in an upcoming issue.

Looking for an integrative physician near you? These organizations can help:

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine – 866-464-5226 or www.icimed.com
- American College for Advancement in Medicine – 800-532-3688 or www.acam.org

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LETTERS

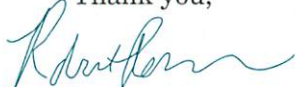
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letters

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: What is the best way to treat bursitis? — *Stan G., via e-mail*

A: Neural therapy, prolotherapy, ultraviolet blood irradiation, topical DMSO, vitamin B12 injections (daily for two weeks or more), and natural anti-inflammatory supplements have all been reported to resolve bursitis. I'm seeing some good results with injections of ozone into the affected areas. Oxygen is a great healer. I've healed my own tendonitis (similar to bursitis) with far infrared saunas. Contact High-Tech Health (800-794-5355) for more information on these saunas.

Q: What do you have for foot and toe cramps that happen at night? I have tried everything I can think of: potassium, magnesium, gulping down multi-vitamin powders, etc. The only thing I can find that offers any relief is quinine, but that's limited. — *Ronald K., via e-mail*

A: Try 800 mg of calcium lactate and/or 800 IU vitamin E (Unique E or Carlson's) before bed. Also con-

sider an evaluation for heavy metals by a chelating doctor (www.abct.info or 800-356-2228). I have also heard of good results from people going on a living foods diet. Watch out for dehydration and consider stretches for your calves. Try choline citrate (see magnesium information in this issue).

Q: HELP! Do you have any suggestions for cystitis? — *M.L.M., Sun City West, AZ*

A: A simple non-metabolizable sugar called mannose might help. It's eliminated through your kidneys into the bladder. There, it prevents certain bacteria from adhering to your bladder lining. You can find d-mannose at most health food stores.

I've also used extracts of solidago and bucco successfully, two herbs that work well for bladder infections. The best are Nestmann formulas available from Marco Pharma International (541-677-8300 or www.marcopharma.net).

Keeping your vaginal flora healthy with acidophilus may also help. Try inserting a small amount of plain white yogurt. Finally, I have instilled ozone into the bladders of some hard-core local infections with great results. Ozone is a bit hard to find, however, due to its persecution by conventional medicine.

Q: I blessed the day I subscribed to *Second Opinion*. My first issue had to do with a cure for whiplash. I had suffered with pain in my head, neck, shoulder, and my upper and lower back for almost three years. I tried several remedies, but was still in pain. In fact, I was sleep deprived and becoming a basket case.

I recently retired and felt bad about my condition and how after a productive life I was unable to do simple tasks

for any length of time. The drive down to Tacoma, Washington to see Dr. Farrand Robson was accompanied by severe neck and shoulder pain and a headache.

Dr. Robson interviewed me, asking me several questions about my medical history. At one point, he asked me to protrude my jaw forward and hold it there until further notice. He then engaged me in more conversation for about 10 minutes. Then he asked me, "Now how is the pain?"

I had to search for the pain for some time and then had to admit that the pains had all disappeared. He explained the science or mechanics behind what was happening to me. A mold of my teeth was taken, from which a splint was made and inserted in my mouth.

Today, I'm the grateful owner of two nighttime splints and one daytime. I sleep better, do not gag myself awake struggling for air, nor do I snore, and I have my stamina back. It was a new experience for me to be able to talk to a doctor who listened, and gave answers and reasons to hope. My borderline hypertension has resolved as well. I am very grateful to Dr. Robson and his staff at TMJ Diagnostics in Tacoma, WA. — *Ray Betteridge, Sammamish, WA*

A: I'm so glad you found relief from your chronic pain! This is the type of miracle I see regularly from Dr. Robson. If you would like more information on Dr. Robson's amazing treatments, you can find many articles about him on my website. To make an appointment with Dr. Robson or to find a dentist closer to your home, please call Dr. Robson's office at 800-977-1945.